

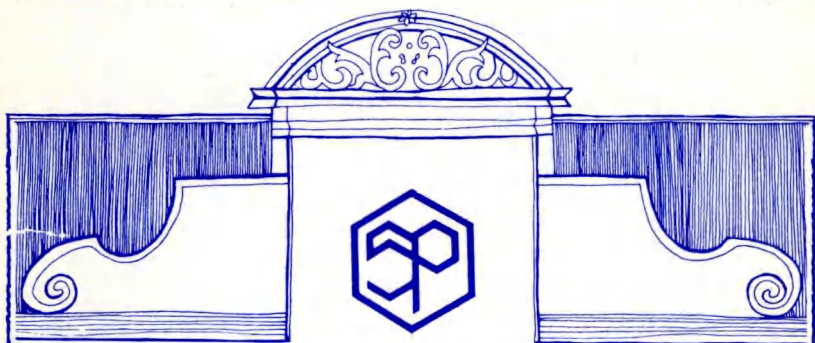


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PRICE R3-00

THIRD EDITION



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PADDY WOLF and MARION KANGISSER
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ANNETTE MELAMED

THIRD EDITION

Cover design by Stephen Kangisser

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While every precaution has been taken in compiling and editing this book, neither the Editors, the Ladies' Sub-Committee of the Selwyn Segal Hostel, Benoni Branch, nor the Printers, hold themselves responsible for any inaccuracies of recipes.

Think of Me First as a Person

BY RITA DRANGINIS

*You look at me with pity,
concern or indifference,
for I am a retarded child.
But you only see the outside me.
If I could express myself,
I would tell you what I am inside.*

*I am very much like you.
I feel pain and hunger.
I cannot ask politely
for a glass of water, but I know
the parched dry feeling of thirst.
I itch when mosquitoes bite me
and run when I see a bee.
I feel cosy drinking cocoa in the
kitchen
when a snow-storm blusters outside.*

*I had a heaviness inside
when I left my mother
to catch the bus to school.
My eyes darted back and forth,
seeking escape,
but knowing there was none.
When my sister takes me to the
playground
and children call me names,
she cries and takes me home.
Then I feel warm and dizzy,
and it is hard for me to breathe.
Mother's eyes are wet; she holds me
and tells me a story, and
I forget the children's jeers.
When I dress myself and Mother
pats my head, saying "Good job,
Jim!" I feel . . . big. As big as Greg,
who is in Sub B.*

*I am a child –
in age now, and in ability always.*

*I find the touch of soft toys
and snuggly dogs comforting.
I love the toys of childhood –
a kite, a balloon, a wagon to pull.
I like to let go at the top of a slide
and after dizzy seconds find myself at
the bottom.*

*I like sledges on soft snow,
the wetness of rain on my forehead.*

*Though it is comfortable to be babied,
I am less dependent
when people treat me as a big boy.
I don't want their sympathy.
I want their respect for what I can do.
I am slow, and many things
you take for granted are hard for me.
I can hardly understand
what "tomorrow" means.
It took me months to learn
to pedal the tall blue tricycle,
but I was so proud when at last
both feet pedalled in the same
direction
and the wheels went forward.
How happy I was
when I turned on the right tap
to get a drink of water.
I didn't want to ever turn it off.
If I can learn at my own pace and still
be accepted,
I can fit into a world
where slowness is suspect.*

*Think of me first as a person,
who hurts and loves and feels joy.
And know I am a child to encourage
and direct.
Smile, and say hello –
even that is enough.*

The chairman wishes to thank all those concerned for making this publication possible, especially the hard workers of the 1978 Committee.

JOE MELAMED

THIS BOOK IS DEDICATED
TO
**THE CHILDREN OF
THE SELWYN SEGAL HOSTEL**

In presenting this book we make no claim
To originality or "Cordon Bleu" fame.
Yet amongst our recipes, tried and true,
You'll always find something that's just for you.
Where there are hungry mouths to feed,
This little book is just what you need.
Even if surprised by an unexpected guest,
A glance through these pages will tell what's best.
And when on occasion you're out to impress
There's no need to worry, no need to guess;
With Cookery Capers upon the shelf,
You may have confidence in yourself.

PADDY WOLF.

STORAGE TIME FOR FROZEN FOODS

	<i>FOOD</i>	<i>STORAGE TIME</i>
Fruits		10—12 months
Vegetables		10—12 months
MEATS:		
Beef.		10—12 months
Veal		6— 8 months
Ground Beef		4— 6 months
Lamb and Mutton		8—10 months
Sausage—Seasoned		2 months
Sausage—unsalted		4— 6 months
Poultry		12 months
Fryers and broilers		12 months
Fish, lean		6— 8 months
Fish, fatty		2— 4 months
VARIETY MEATS:		
Liver, kidney, heart, tongue		1 month
DAIRY PRODUCTS AND EGGS:		
Cheese (Hard)*		4— 5 months
Eggs (Broken and Mixed)**		10—12 months
Butter		4— 6 months
Cream		3— 4 months

*Soft cheeses do not freeze well.

**Break eggs into a bowl. Beat just enough to mix yolks and whites. Pack in liquid-tight containers.

BAKED PRODUCTS:

Cakes, frosted	2 months
Cakes, unfrosted	3— 4 months
Pies, unbaked	1— 2 months
Pies, baked	1 month (Max.)
Rolls and bread	2— 3 months
Cake batter	1 month (Max.)
Sandwiches	1 month (Max.)
Soups, stews, casseroles	2— 3 months
Left-overs (cooked)	1 month (Max.)
Ice-cream, original carton	1 month (Max.)

FREEZING HINTS

ONLY TOP QUALITY FOODS SHOULD BE FROZEN

Prepare and freeze all fruits and vegetables as soon as possible after picking. If food cannot be frozen at once it should be put into the refrigerator. It must be frozen within 24 hours.

Food should be kept as cold as possible during packing.

Surplus water should be drained off before packaging.

Correct containers for packaging are essential.

Plastic bags can be used for vegetables, fruit, meat and poultry. Make sure that all air has been excluded before the bag is tied.

Heavy weight silver foil is also suitable. Mould the foil around meat or fish.

To store stews, casseroles and soups, line square dish with plastic bag or silver foil. Pour food into dish and freeze. When frozen remove from freezer. Frozen food can now be lifted from dish—wrapped in another layer of silver foil and packed. This method saves space and dishes as frozen blocks can be stacked.

It is very important to label all packages clearly with contents, weight and date.

To freeze plain cakes wrap in silver foil or plastic bags. To freeze iced cakes, freeze in sealed tin. When frozen remove tin and wrap in silver foil or plastic bag.

Where?

Weights and Measures	Page 7
ABC of Herbs and Spices	8
Appetite's Delight (Hors d'oeuvres, etc)	9
Fish Dishes	17
Soups	31
Salads	33
Vegetables	41
A Light Bite	45
Chicken Licken (Chicken, Ducks, Goose)	47
How to keep your Jewellery clean	55
Meat Treats	57
Sweet and Lovely	69
Just Like Mama Made (Tradition Dishes)	80
And Sauce — of Course!	87
Tea and Coffee Time	
Scônes, Rolls, etc.	93
Biscuits and Smalls	97
Pastries	114
Tarts	115
Cakes	125
The Wine Menu	136
Anniversaries	137
Candy Corner	138

NEW HEALTH SECTION

Cakes	Page 143
Bread Scones Crumpets	
& muffins	146
Biscuits	150
Sweets & Puddings	155
Salads & Salad Dressings	158

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WITH COMPLIMENTS

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AND

MARVAL

FROM MEASURE TO MEASURE . . .

2 level tablespoons	castor sugar	=	30 g
1 level tablespoon	butter—fat	=	30 g
4 level tablespoons	cornflour	=	30 g
3 " "	flour	=	30 g
2 " "	dried fruit	=	30 g
2 " "	oil	=	30 g
2 " "	salt	=	30 g
2 " "	sugar	=	30 g
1 " cupful	butter	=	198 g
1 " "	cheese	=	85 g
1 " "	breadcrumbs	=	113 g
1 " "	grated cheese	=	85 g
1 " "	flour	=	85 g
1 " "	dried fruit	=	113 g

WEIGHT

ounces	grammes exact	grammes	ounces exact/approx.	pounds	kilo-grammes exact	kilo-grammes	pounds exact
1	28	1	0.035 1/30	1	0.45	1	2.2
2 (1/8 lb)	57	5	0.176 1/6	2	0.9	2	4.4
3	85	10	0.35 1/3	3	1.4	3	6.6
4 (1/4 lb)	113	20	0.7 2/3	4	1.8	4	8.8
5	142	30	1.05 1	5	2.3	5	11.0
6 (3/8 lb)	170	40	1.4 1 1/3	6	2.7	6	13.2
7	198	50	1.8 1 3/4	7	3.2	7	15.4
8 (1/2 lb)	227	100	3.5 3 1/2	8	3.6	8	17.6
9	255	500	17.6 17 1/2	9	4.1	9	19.8
10	283	1000	35.3 35 1/3	10	4.5	10	22.0
12 (3/4 lb)	340						
16 (1 lb)	454						

250 grammes (g) = 1/4 kilogramme (kg) = 10 per cent more than 1/2 lb.

500 grammes 1/2 kilogramme 10 per cent more than 1 lb.

1000 grammes 1 kilogramme 10 per cent more than 2 lbs.

VOLUME

pints	litres	litres (exact)	cups	litres	pints	gallons	gallons	litres
1/4	1/8	0.14	5/8	1	1.7	0.22	1	4.5
1/2	1/4	0.29	1 1/4	2	3.5	0.44	2	9.1
3/4	3/8	0.43	1 7/8	3	5.3	0.66	3	13.6
1	1/2	0.57	2 1/2	4	7	0.88	4	18.2
1 1/4	5/8	0.71	3 1/8	5	8.8	1.1	5	22.7
1 1/2	3/4	0.86	3 3/4	6	10.5	1.3	6	27.3
1 3/4	1	1.00	4 3/8	7	12.3	1.5	7	31.8
2	1 1/8	1.14	5	8	14	1.8	8	36.4
				9	15.8	2	9	40.9
				10	17.6	2.2	10	45.5

TEMPERATURE

CELSIUS

FAHRENHEIT

120 deg C to 135 deg C	=	250 deg F to 275 deg F
150 deg C to 165 deg C	=	300 deg F to 325 deg F
175 deg C to 190 deg C	=	350 deg F to 375 deg F
205 deg C to 220 deg C	=	400 deg F to 425 deg F
230 deg C to 245 deg C	=	450 deg F to 475 deg F
260 deg C to 275 deg C	=	500 deg F to 525 deg F

Boiling point 100 degrees Centigrade 212 degrees Fahrenheit.

A B C OF HERBS AND SPICES

TURN A PLAIN DISH INTO AN EXOTIC ONE SIMPLY BY THE ADDITION OF HERBS AND SPICES

Allspice or Pimento — For flavouring meats, gravies, fish, pies, sauces and all savoury dishes.

Aniseed — Cakes, biscuits and rolls.

Bay leaves — Meat and fish dishes, curry and pickles.

Bouquet Garni — A mixture of herbs such as Basil, Thyme, Marjoram, Rosemary and Origano. Fill a small bag using about 2 teaspoons of herbs, tie tightly and insert in pot. This bag can be removed before serving, leaving a fragrance of the herbs but not the unpleasant pieces.

Carraway seed — Stewed mutton, cabbage and soups. Sprinkle over cream cheese for sandwich filling.

Cayenne — Sauces, pickles, meat, fish and egg dishes. Add cayenne to curry powder to produce extra hot curry.

Celery seed — Excellent in soups, stews, meats, fish and salads, also rissoles.

Celery salt — For soups, stews and meat dishes.

Cinnamon — Whole (Stick): Stewed fruits and curries.

Ground: Cakes, milk puddings, biscuits, boiled sweet potatoes.

Cloves — Whole: Stewed fruit, meat stews, fruit puddings and pies.

Ground: Cakes, biscuits, puddings and pies.

Coriander — Whole: Gingerbread, cakes, poultry stuffing, meat dishes and pickled fish.

Ground: Can be used in both sweet and savoury dishes.

Cummin seed — Curries, soups, rice and meat dishes.

Fennel seed — Soups, fish sauces and squashes.

Garlic powder — Flavouring soups, stews, meat and gravies and in any recipe where garlic is mentioned. Use half a teaspoon for a clove of garlic. Rub a little round the inside of the bowl before making a green salad.

Garlic salt — May be used in place of plain salt in many dishes. Tomato juice, meat and vegetable dishes. Good for salad dressings.

Ginger — Ground: Cakes, biscuits, gingerbread, pies, puddings, chicken, rhubarb. Adds flavour to roast meats and vegetables.

Marjoram — Soups, sauces and useful for poultry and meat stuffings.

Mint — For flavouring soups, stews, stewed mutton, boiled fish. Add to water when boiling new potatoes, carrots or peas. Soak in vinegar and sugar to make mint sauce for roast lamb.

Mixed spice — Sweet dishes, puddings and cakes.

Nutmeg — Cakes, puddings, sprinkle over milk puddings, custards. Good on cauliflower, spinach and cabbage.

Onion Powder — In place of fresh onions for flavouring meats, soups, gravies and any recipe where onions are mentioned. Use one teaspoon to a small onion.

Onion salt — Soups, stews, steaks and all meat dishes. Rub steaks with onion salt before frying.

Oregano — Stews, gravies, etc. add for last few minutes of cooking only.

Paprika — Meat — all roasts, fish and egg dishes, salad dressings, fish sauces, mushrooms, vegetables and as colouring matter for pale foods.

Parsley — Soups, salads, boiled fish, fish sauces and poultry stuffings.

Pepper — Whole: Black or white used in pickling, chutneys, soups and stews.

Ground: Roast and stewed meats, sauces, gravies, soups. Fish, egg dishes and salads. Rub into steak before cooking. Pepper is best used fresh.

Rosemary — Lamb dishes, soups and stews.

Sage — Meat stuffings. Sprinkle over roast turkey or duck sparingly.

Saffron — To add delicious flavour and golden colour to rice, boil a pinch of saffron in water for a moment before adding rice.

Savoury — Flavouring stews, savoury stuffings and sauces, fish and egg dishes.

Sweet basil — An important seasoning in tomato dishes. Tomato cocktail and cheese dishes, fish, salads and sauces.

Thyme — All savoury dishes. Use sparingly in soups, stews, meat dishes, boiled fish, poultry, tomatoes, dumplings and pudding crusts. Thyme and fresh sliced tomatoes go well together.

Turmeric — Use with mustard as dressing for meats, salads and for pickles and sauces.

Appetite's

Delight

ROQUEFORT DIP

113 gms. Roquefort cheese.	2 tablespoons light cream.
small packet cream cheese.	2 tablespoons mayonnaise.

Mix well.

HOT DIP

3 tablespoons tomato sauce.	1 cup mayonnaise.
few drops tabasco.	3 tablespoons sharp chutney.
1 tablespoon horseradish.	1 tablespoon lemon juice.

Mix well.

CHEESE DIP

227 gms. cream cheese.	$\frac{1}{4}$ cup chopped spring onion.
57 gms. butter.	2 tablespoons capers.
1 teaspoon salt.	Worcester sauce.
1 teaspoon mustard.	$\frac{1}{4}$ cup tomato sauce.
$\frac{1}{4}$ cup chopped parsley.	dash of tabasco.

Mix well.

Sherry Cheese Dip:

Add $\frac{1}{4}$ cup sherry to above.

SNOEK DIP

113 gms. snoek.	$\frac{1}{2}$ cup cream cheese.
2 tablespoons butter.	2 tablespoons cream.
1 teaspoon lemon juice..	$\frac{1}{2}$ teaspoon paprika.

Mash snoek and mix well with remaining ingredients.

ONION CREAM DIP

1 packet onion soup.	Cayenne pepper.
290 mls. sour cream.	227 g. cream cheese.

Mix well.

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from

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AVOCADO DIP GUACOMOLE

- | | |
|--|---------------------------|
| 1 large avocado pear. | 1 teaspoon minced onion. |
| Juice of 2 lemons (or less). | 3 tablespoons mayonnaise. |
| 1 tablespoon chopped green
and/or red pepper. | 1 teaspoon salt. |

Halve the avocado pear. Remove pip and scoop out all the pulp. Sprinkle the inside of the shells with lemon juice to prevent them turning black. Mash the pulp well with a fork and blend in the remaining lemon juice, salt, minced onion and peppers. Fold in the mayonnaise, mixing thoroughly. Fill the shells with the mixture and serve on lettuce leaves on an attractive platter. Place ingredients for dunking around the shells, Crisps, etc.

CURRIED CREAM CHEESE DIP

Mash 227 g. cream cheese, add $\frac{1}{2}$ cup sour cream, 1 teaspoon curry powder, 1 crushed clove of garlic, 3 drops tabasco and salt. Chill. Put on platter surrounded by radish, carrot strips, spring onions, turnip in slices, cauliflower flowerettes, celery, and cucumber.

EGG PLANT DIP

- | | |
|--|---|
| $1\frac{1}{2}$ tablespoons mayonnaise. | $\frac{1}{4}$ cup chopped (finely) onion. |
| 2 egg plants. | garlic salt. |
| salt and pepper to taste. | |

Wash egg plants. Prick with fork. Bake at 175° C. until skin wrinkles. Scoop out insides. Mash. Add mayonnaise and remaining ingredients. Serve cold with chips.

COCKTAIL SAUSAGES WITH MUSTARD DIP

- | | |
|----------------------------|----------------------------------|
| 1 cup sugar. | 2 tablespoons dry mustard. |
| 1 teaspoon flour. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup vinegar. | $\frac{1}{2}$ cup boiling water. |
| 1 beef cube. | 2 well beaten eggs. |

Mix dry ingredients and add vinegar. Stir well. Slowly add boiling water stirring until mixture thickens. Stir into beaten egg. Pour back into saucepan and bring to boil once more. Serve over warmer. Serve with small sausages on toothpicks, and crisps.

SARDINE DEVILLED EGGS

- | | |
|------------------------------|--------------------------|
| 3 hard-boiled eggs. | 1 teaspoon minced onion. |
| salt and pepper to taste. | 1 tin mashed sardines. |
| 1 tablespoon mayonnaise. | 1 teaspoon capers. |
| 1 teaspoon prepared mustard. | |

Halve eggs lengthwise. Remove yolks. Sieve yolks and add to rest of the ingredients. Mix well and re-fill whites. Garnish with parsley and capers and serve on lettuce leaves.

STUFFED CUCUMBERS

Peel cucumber and cut in half. Scoop out seeds. Fill with salmon mixed with mayonnaise, paprika and a dash of Worcester sauce. Chill and serve on lettuce leaves.

PIZZA

Flaky Pastry:

454 gms. Purene or Parava.	$\frac{1}{2}$ teaspoon salt.
1 cup boiling water.	$\frac{3}{4}$ cups flour.

Grate Purene into flour and salt. Add boiling water. Stir quickly with a knife and place in fridge for two hours. Remove from fridge, knead and roll out.

Pizza:

$\frac{1}{2}$ quantity flaky pastry.	1 tin tomato pureé.
1 tin anchovies or sardines.	few olives.
$\frac{1}{2}$ teaspoon salt.	dash pepper.
227 gms. cheddar cheese, grated.	

Roll out dough and press into base of large, round tin or pyrex dish. Cover with tomato pureé, salt, pepper and grated cheese. Place anchovies or sardines in star pattern on top of cheese and stud with sliced olives. Bake in a hot 220° C. oven for 20 minutes. Serve warm.

Alternatives:

The following alternatives can be used as a topping on the tomato pureé if desired:

Canned salmon, boned and flaked. Onion rings, sliced thinly.
Green peppers, sliced thinly. Mushrooms, sautéd in butter.

PIZZA

Dough:

Sift together:

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
4 teaspoons baking powder.	1 tablespoon sugar.

Rub in 113 gms. butter, beat $\frac{1}{2}$ cup milk with 1 egg and mix in. Place in greased dish, cover with grated cheese, sliced tomato, green pepper, and anchovies. Bake 205-230° C.

NOVEL PIZZA

Butter Dutch rusks. Spread with cheese spread, and sliced tomatoes. Place anchovy sliver and olives or capers on top. Sprinkle mixed herbs, pepper and oil, and place under grill for a few minutes. Serve hot.

CHEESE PUFFS

290 mls. sweet cream.	1 egg.
1 cup flour.	1 dessertspoon sugar.
113 gms. butter.	227 gms. cream cheese.
pinch salt.	1 dessertspoon custard powder.

Mix cheese with 140 mls. cream, 1 egg, sugar, salt and custard powder. Make dough by grating butter into flour and adding 140 mls. cream. Cut dough into thin rounds, place one teaspoonful of cheese mixture on to each round. Fold over and bake 230° C. for approximately 15 minutes. Good with drinks or tea.

CRÊPES WITH MUSHROOMS

Crêpes Batter:

3 eggs.

$\frac{3}{4}$ cup flour.

salt.

butter for frying.

water to mix.

Mushroom Filling:

1 tin creamed mushrooms.

2 tins button mushrooms

(drained and sliced).

2 tablespoons cream.

145 mls. cream for grilling.

Add the flour to the well-beaten eggs. Add salt and enough water to make a thin batter. Heat butter in a frying pan. Place $1\frac{1}{2}$ tablespoons batter and fry on both sides until pale golden in colour. Repeat until all batter is used up. Place crêpes on a clean tablecloth. Mix the creamed mushrooms with the drained, sliced mushrooms and 2 tablespoons cream. Sauté all together until well heated through. Place spoonful in the centre of each crêpe, roll up, and place in a shallow greased baking dish. Pour over the 145 mls. cream. Bake 10 - 15 minutes under the grill and serve hot.

SMOKED SALMON TURNOVERS

Dough:

112 gms. butter.

145 mls. cream.

1 cup flour.

Filling:

$\frac{1}{2}$ cup boiled Tastic rice.

57 gms diced smoked salmon.

1 tablespoon capers.

2 hard-boiled eggs.

1 beaten egg.

Make dough by grating the butter into the flour and adding the cream. Chill for $\frac{1}{2}$ hour. Combine all the ingredients to make the filling. Roll dough out thinly on a lightly floured board. Cut into rounds. Place approx. 1 teaspoon filling on each round. Fold, press edges with fork and brush with beaten egg. Bake 220° C. until golden. Serve piping hot with drinks.

SAVOURY PIE

Make a short crust pastry as follows:—

Sift together 2 cups flour, pinch salt, 2 teaspoons baking powder. Grate in 112 gms. butter and mix in 1 egg. Roll out 0.63 cms thick and pat dough into buttered oven-proof dish, lining the bottom and sides. Prick well with a fork.

Filling:

Melt 113 gms. butter in a saucepan. Add 1 tablespoon flour and stir. Add 2 cups milk stirring in a little at a time. Bring to the boil stirring constantly. Remove from heat.

In an electric mixer beat 4 eggs, 2 tablespoons chopped parsley, 2 tablespoons grated onion, 1 cup grated, strong, cheddar cheese, 2 skinned tomatoes and 1 small tin creamed mushrooms. Pour into unbaked shell.

Bake at 135° C. for 30 minutes. Reheat carefully to prevent burning if it is to be served later on.

BOURIKITAS

(Approx. 30 Bourikitas)

Dough:

$\frac{1}{2}$ cup olive oil.
 $\frac{3}{4}$ cup iced water.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ cup grated cheese.
flour for firm dough.

Mix oil, water, cheese and salt. Add flour for a firm dough. Form balls in size of ping pong balls. Allow to stand for 15 minutes.

Roll balls out. Fill with 1 teaspoon of filling. Fold over and cut edges with biscuit cutter (like jam turnovers). Dab beaten egg over bourikita and sprinkle grated cheese. Oven 205° C. — approx. 40 minutes.

Potato Filling:

454 gms. potatoes, boiled and mashed and mixed with $\frac{1}{2}$ cup parmesan cheese, one cup grated cheddar cheese, 2 eggs and salt and pepper to taste.

Pumpkin Filling:

908 gms. pumpkin boiled and drained and mashed with $\frac{1}{2}$ cup parmesan cheese and 1 cup of grated cheddar cheese. Add 1 teaspoon oil and salt. If too thick add little beaten egg. Prepare usual way.

Spinach Filling:

2 bunches spinach — core out hearts, wash, dry and add one cup grated cheese, salt, pepper and one teaspoon flour. Fold together lightly and fill.

CURRIED EGGS

Hard-boil 12 eggs and cut in half lengthwise. Remove yolks, and sieve through strainer, add the following:

3 tablespoons vinegar.	1 teaspoon salt.
3 drops tabasco.	2 teaspoons sugar.
4 tablespoons soft butter.	$1\frac{1}{2}$ teaspoons curry powder.
2 tablespoons mayonnaise.	

Mix the above ingredients together until smooth. (If necessary add more vinegar and mayonnaise.)

Fill white halves of eggs with mixture. Place cut side down on dish and put anchovy cross on each. Pour the following sauce on top:

Sauce:

Oil from anchovies, 6 tablespoons oil, 1 cup tomato sauce, salt, pepper, 3 - 4 cloves garlic or garlic powder, 1 - 2 tablespoons chopped parsley, $\frac{1}{4}$ teaspoon curry powder. Mix well and throw over eggs.

PICKLED EGGS

Boil fresh eggs for 12 minutes. Cool with iced water. Pickle in vinegar, bay leaves, peppercorns and garlic after shelling eggs.

HALF AVOCADO WITH MARINATED GRAPEFRUIT

Marinate grapefruit sections in french dressing. Fill half avocados.

COEUR A LA CREME

Beat 900 gms. of cottage cheese, adding gradually 2 cups of heavy cream. Season with salt.

Line a heart-shaped tin with cheese cloth or butter muslin. Fill with cheese mixture. Cover with silver foil. Place in fridge overnight with weight on top. (Brick.).

Turn out the following day and remove muslin gently. Can be served with caviare or surrounded by fresh strawberries.

SAVOURY CHOUX PUFFS

85 gms. butter, 140 mls. boiling water, 1 cup flour, pinch salt, 3 eggs, 85 gms. grated cheddar cheese, 3 anchovies, 1 tablespoon chopped parsley, 4 tablespoons oil.

In a saucepan place butter and boiling water. Melt over medium heat and add sieved flour and salt. Stir briskly until small ball forms, and the dough comes away from the sides of the pot. Remove from heat and add eggs, one at a time, beating well. Add grated cheese, anchovies diced small, and $\frac{1}{2}$ tablespoon parsley. Heat oil in a heavy skillet, and drop small balls of dough in, until they are golden brown. Drain and garnish with the rest of the parsley. These can be served on toothpicks.

HOT SALMON AND MUSHROOMS

Drain 1 tin pink salmon, skin, remove bones and flake. Lightly brown 2 tablespoons chopped onion in 1 tablespoon butter. Add salmon and toss; add 1 small tin creamed mushrooms or $\frac{1}{2}$ cup mushroom sauce (see sauces), season with salt, pepper and paprika.

Serve on Tastic rice. Sprinkle with chopped parsley. This can also be used as a pie filling.

GRILLED SARDINES A LA ESTORIL

1 tin sardines.	1 tablespoon breadcrumbs.
1 tablespoon chutney.	113 gms. grated cheese.
$\frac{1}{4}$ teaspoon dry mustard.	2 teaspoons mayonnaise.
1 teaspoon lemon juice.	toast.

Combine in bowl the chutney, mustard, lemon juice and 1 teaspoon of cheese. Add mayonnaise and cream to a smooth paste. Cut toast into fingers. Place one drained sardine on each finger of toast, cover with sauce and sprinkle with crumbs and cheese. Place under griller before serving — serve hot.

JELLIED CHICKEN

1 chicken.	1 tablespoon vinegar.
3 teaspoons Agar Agar (gelatine)	1 teaspoon sugar.
juice of 1 lemon.	$\frac{1}{2}$ teaspoon salt.

Boil chicken. In a cup put 3 teaspoons Agar Agar, the lemon juice, vinegar, sugar, salt and fill the cup with water. Add to chicken gravy. Cook for 5 minutes. Mince or cube the chicken and add to gravy. Pour into mould and allow to set.

ASPARAGUS ANCHOVY TWIST

450 gms. tin asparagus cuts.	1 tablespoon caraway seed.
57 gms. butter.	290 mls. sweet cream.
3 tablespoons flour.	1 beaten egg.
225 gms. cheddar cheese, grated.	pinch salt.
8 anchovy fillets.	

Drain tin of asparagus, reserving the juice. Melt butter and add flour mixing well. Add asparagus juice and stir. Then add cream, grated cheese, and stir over a medium heat until sauce thickens. Fold in the asparagus cuts and a pinch of salt. Remove from stove and cool. Roll out puff pastry and sprinkle with breadcrumbs. Cover half with the asparagus filling. Roll up like a swiss roll and place on a biscuit sheet. Brush all over with beaten egg. Sprinkle with the caraway seed and garnish with the anchovy fillets. Bake in a 230° C. oven for 10 minutes then reduce oven to 175° C. and bake for 20 minutes or until pastry is golden brown. Serve hot. (See Pastry Section for puff pastry.)

COOKING HINTS

Add a pinch of cream of tartar to the whites of eggs and they will beat up very quickly and easily.

A little salt sprinkled into the pan before frying will stop fish and chips from sticking and prevent hot fat splashing. A piece of crust placed in the pan will also prevent splashing.



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Fish

Dishes

HERRING IN MUSTARD SAUCE

6 herrings, soaked for 12 hours.	Bay leaves and peppercorns.
3 egg yolks.	$\frac{1}{2}$ cup sugar.
$1\frac{1}{2}$ cups white vinegar.	$\frac{1}{2}$ cup water.
1 level teaspoon prepared mustard.	2 onions.

Soak herrings — bone and skin them and cut into pieces. Beat yolks and sugar until creamy. Boil vinegar and water together. When boiling, add tablespoon at a time to egg mixture. Add mustard. Return to boil. When cool pour over herrings and sliced onions. Add bay leaves and peppercorns. This should be made about four days before needed.

DANISH HERRING

6 herrings, soaked overnight.
Skin, bone and cut into small pieces.
1 cup chopped pickled cucumber. $\frac{1}{4}$ teaspoon pepper.

1 teaspoon ready-made mustard.	1 cup chopped apple.
1 cup chopped onion.	1 cup tomato soup (undiluted).
1 cup brown vinegar.	

Mix well together:— 1 cup sugar, $\frac{1}{2}$ cup oil.
Add to above ingredients.
This should be made four days before using.

BAKED HERRINGS

6 herrings and 3 tablespoons syrup.	1 lemon, onions and tomatoes.
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Brown onions in oil. Add syrup, lemon and sliced peeled tomatoes, add herrings, and bake for 2 hours.

HERRINGS IN MUSTARD

(This recipe is for 6 Herrings)

Boil together 1 cup white vinegar and $\frac{1}{2}$ cup sugar. Beat 2 eggs well with 2 heaped teaspoons dry mustard and when sugar and vinegar boil pour slowly over the eggs and mustard, stirring well. Place in double boiler and cook, stirring all the time until sauce thickens. Let cool and add 290 mls. fresh cream.

Roll filleted and soaked herrings and place in alternate layers with thinly sliced fresh cucumber, apple and onion. Pour sauce over and allow to stand for a few days before serving.

PINEAPPLE HERRING

6 herrings.
2 sliced onions.

2 cups mayonnaise.
1 large tin pineapple pieces.

Soak and fillet herrings — cut into 6 or 8 pieces. Roll each piece of herring round a piece of pineapple, secure with toothpicks. Place in dish with layers of onions and pineapple pieces, cover with mayonnaise to which 2 tablespoons pineapple juice has been added.

HERRING SALAD

Soak herrings and cut up into pieces. Place in a bottle with the following:—

Sliced radishes.
Diced spring onions.
Diced pineapple.
Broken cashew nuts.

Diced green peppers.
Diced red peppers.
Diced apple.
Diced onion.

Vinegar Dressing:

1 cup white vinegar.
pinch salt and pepper.

6 teaspoons sugar.

Mix well together. (If dressing insufficient add more.)

HERRING SALAD

Use 2 or 3 soaked salted herrings chopped or cut in small pieces, 3 apples diced, 3 hard-boiled eggs, roughly chopped, 1 or 2 boiled beet-roots diced, 1 onion finely chopped, 1 sweet and sour cucumber, 3 or 4 cold boiled potatoes cut in cubes, oil, vinegar, salt, pepper and mayonnaise.

Mix all ingredients, bar oil, vinegar, mayonnaise and seasoning. Make a French dressing with oil, vinegar, salt and pepper and let herring mixture marinate in it a short while. Serve in a glass bowl on a bed of lettuce leaves and cover with coating of mayonnaise. Decorate with sliced or halved hard-boiled eggs, pickles, halved olives and a little chopped parsley.

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HERRING SALAD

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| 2 large herrings, soaked and
filleted. | 18 black olives. |
| 1 medium sized onion. | 4 cups finely shredded cabbage. |
| 2 medium sized tomatoes. | 2 tablespoons olive oil. |
| 1 small green pepper, cut finely. | 2 tablespoons vinegar. |
| | Black pepper. |

Cut herrings into bite size pieces. Slice onion thinly. Dice tomatoes. Place all ingredients in a glass bowl and toss lightly. Chill a few hours before serving.

DANISH HERRING

(Using blender or liquidiser)

Place the following in liquidiser:—

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| $\frac{3}{4}$ cup sugar. | 1 cup tomato pureé. |
| $\frac{1}{3}$ cup good oil. | 1 teaspoon prepared mustard. |
| $\frac{1}{3}$ cup sweet wine. | $\frac{1}{4}$ teaspoon pepper. |
| 1 cup brown vinegar. | |

Blend 2 - 3 minutes. (Mixture will be pink).

Soak 6 herrings approx. 12 hours. Skin and fillet herrings and cut into small pieces. Put into bowl with 1 cup diced apple, 1 cup diced onion, 3 diced pickled cucumbers. Add blended liquid. Mix well and refrigerate for at least 2 days before using.

SNOEK SALAD

- 2 tins snoek, drained, boned and flaked.
Shred $\frac{1}{2}$ lettuce, grate onion finely.
1 tablespoon chopped parsley.
2 hard-boiled eggs, diced.
1 fresh cucumber, sliced very finely.
Salt and pepper.
A little tabasco or peri-peri sauce.
Squeeze a lemon and mix with mayonnaise.
Mix all ingredients together.

FISH AND AVOCADO SALAD

- | | |
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| 2 cups cooked flaked fish. | 1 large apple. |
| 1 avocado pear. | little mayonnaise. |
| lemon juice. | |

Dice avocado pear and apple and sprinkle with little lemon juice. Combine with remaining ingredients and toss lightly in mayonnaise. Serve in avocado pear shells on lettuce leaves. (Serve 4 - 6.)

FISH SALAD

Flake cold, boiled fish. 1 teaspoon grated onion. Mayonnaise. Add chopped hard-boiled eggs, lemon juice, salt and pepper.

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CURRIED FISH SPECIAL

2,3 kg. fish (stock).	2 eggs.
salt and pepper.	$\frac{1}{2}$ cup seedless raisins.
chopped parsley.	$\frac{1}{2}$ cup sultanas.
1 $\frac{1}{2}$ cups vinegar.	$\frac{1}{2}$ cup chopped dates.
$\frac{1}{2}$ cup water.	6 ginger snaps.
2 large onions.	1 tablespoon curry powder.
Bay leaves and peppercorns.	1 tablespoon cornflour.
1 large tin canned pineapples (omit juice).	1 large tin canned apricots (with juice).

Mince fish and combine with salt, pepper, parsley and eggs. Prepare into medium-sized fish balls and fry.

Sauce:

Place vinegar, water, sliced onions, bay leaves and peppercorns in saucepan and bring to boil. Allow to boil for 15 minutes. Add pineapple chunks, apricots, raisins, sultanas and dates.

Dissolve ginger snaps in a little warm water and make a paste together with the cornflour and curry powder. Add to the above mixture. Boil together for 10 - 15 minutes. Pour over fish and allow to cool.

JELLIED FISH

908 gms. filleted, skinned and sliced kabeljou. Bones.

Boil bones in 2 cups water with 4 carrots, 2 sliced onions, 3 bayleaves, 8 peppercorns, salt and pepper, 1 teaspoon sugar, for 15 minutes. Add fish and boil for 15 minutes more, no longer. Take fish out and place in dish. Strain juice over fish and allow to jell. Serve with mayonnaise to which chopped parsley and cucumber have been added.

POACHED WHOLE FISH

(Steenbras, "74", or Cape Salmon)

1 whole fish, cleaned and scaled. 1 large onion, sliced.
1 tablespoon salt.

Use a large dish, large enough to hold entire fish. Place fish in a large piece of muslin with ends stitched to form a bag. Add enough cold water to cover fish. Add salt and onion slices. Cover dish with a lid and place on stove. Bring water to the boil, reduce heat and allow to simmer slowly until fish is fork tender (10 minutes per 454 gms. of fish). Allow fish to cool in the liquid in which it was cooked before removing to a large platter. Remove eyes of fish. In the eye sockets place olives stuffed with almonds or pimentoes. Surround with sliced onion. Cover entire fish with mayonnaise and garnish with sliced stuffed olives, tomato slices, radishes, whole small sprats, anchovy fillets, etc.

N.B. — This fish can be seasoned and wrapped in tin-foil instead of muslin, and baked in oven.

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SPANISH FISH DISH

908 gms. kingclip, filleted.	2 large tomatoes.
1 green pepper, diced.	2 onions, minced.
2 cucumbers.	$\frac{1}{2}$ cup milk.
2 garlic cloves, crushed.	$\frac{1}{2}$ cup white wine.
dash cayenne pepper.	dash celery salt.
dash paprika.	

Butter a shallow, ovenproof dish. Alternate fillets with strips of peeled cucumber. Sprinkle with celery salt, paprika and cayenne pepper. Heat the butter in a pan and fry the onions, garlic cloves and green pepper. Add the tomatoes, cut into quarters. Fry for a few minutes. Spread a layer of the vegetables over the fish and cucumber. Add another layer of fish and cucumber and top with the remainder of the vegetables. Pour the milk and white wine over. Cover with silver foil and bake in a 175° C. oven for 30 - 40 minutes.

CHINESE SWEET AND SOUR FISH

1,4 kg. filleted kingclip	$\frac{1}{2}$ pineapple.
$\frac{1}{3}$ cup flour.	1 cup cashew nuts.
$\frac{3}{4}$ cup cold water.	2 tablespoons cornflour.
2 beaten eggs.	3 tablespoons sugar.
$\frac{1}{2}$ cup oil.	3 tablespoons soya sauce.
3 stalks celery.	$\frac{1}{2}$ cup brown vinegar.
2. cucumbers.	$\frac{1}{2}$ cup cold water.
$\frac{1}{2}$ red pepper.	$\frac{1}{2}$ green pepper.
1 teaspoon raw ginger root or 1 onion.	

Combine beaten eggs, $\frac{3}{4}$ cup cold water and salt. Beat well. Make well in flour and add egg mixture. Cut fish into thick strips. Dip into batter and fry in hot oil until golden brown. Slice cucumbers (peeled), peppers, pineapple, celery and onion diagonally into thin strips. Dice ginger root finely. Heat oil and fry the cashew nuts for a few minutes. Then add all the vegetables and pineapple and fry for 2 minutes. In a bowl combine the cornflour, sugar, soya sauce, cold water and brown vinegar. Mix well and pour over vegetables and nuts. Add fish and heat through. Serve with Tastic rice.

LEMON FISH

Cut raw onion into slices and place in saucepan. Add 1 bay leaf, some whole spice and a pinch of pepper.

Slice and salt fish and place in saucepan. Add pinch of sugar and enough water to cover. Cook about $\frac{3}{4}$ hour. Squeeze lemon juice into fish and shake the pot. Taste if sour enough. Remove fish from stove. Beat yolk of 1 egg and mix quickly with a little of the gravy from the fish. Pour back into pot and shake again. Place fish on platter, strain gravy over it and allow to cool and set.

FISH IN NEW ORLEANS SAUCE

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| 2,3 kg. fish. | 1 cup chopped celery. |
| 1 cup chopped leeks. | 4-6 chopped spring onions. |
| 8 tablespoons oil. | 3-4 tablespoons chilli sauce. |
| ¼ teaspoon tabasco. | 3 tablespoons tomato sauce. |
| 4-5 tablespoons lemon juice. | salt, pepper and paprika. |
| 2 tablespoons prepared mustard. | chopped fresh cucumber. |
| 2 tablespoons horseradish (white-red). | |

Boil fish and cube when cold. Rub bowl with a clove of garlic and place fish in bowl. Pour over the fish all the above ingredients and allow to marinate.

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PORTUGUESE FISH STEW

Chop 1 clove of garlic and 1 onion. Fry in $\frac{1}{2}$ cup oil. Add 2-3 cups minced ripe tomatoes, salt, pepper, one dessertspoon curry powder, 1 teaspoon sugar, $\frac{1}{4}$ teaspoon mixed herbs. Add peeled and quartered potatoes and 908 gms. firm fillets of fish. Stew 15 - 20 minutes. Serve on Tastic rice.

BOILED FISH IN TOMATO JUICE

908 gms. kabeljou or kingklip — sliced.

1 tablespoon lemon juice.

1 cup fresh tomato juice.

1 tablespoon olive oil.

salt and pepper.

Place sliced fish in saucepan. Add lemon juice, tomato juice, oil, salt and pepper, and allow to cook for half an hour. Add 1 cup water into which 1 teaspoon flour has been dissolved. Cook over medium heat and when ready add 1 teaspoon chopped parsley. This dish is served with its own gravy.

FRIED FISH IN SPICY SAUCE

227 gms. mushrooms.

1 cup flour.

1 tablespoon oil.

1 cup water.

1 teaspoon salt.

1,4 kg. kingklip.

oil for deep-fat frying.

6 tablespoons vinegar.

2 spring onions, chopped.

4 tablespoons sugar.

1 tablespoon soya sauce.

4 tablespoons minced preserved ginger.

2 tablespoons powdered ginger.

1 tablespoon cornflour.

3 tablespoons chopped parsley.

Mix the flour, oil, $\frac{1}{2}$ cup water and the salt to a smooth paste. Dip the fish in the mixture and fry in deep oil until brown. Chop the mushrooms finely. Combine the mushrooms, vinegar, spring onions, sugar, soya sauce and ginger in a saucepan. Bring mixture to the boil and cook over low heat for about 5 minutes. Mix the cornflour with the remaining water until smooth, and add, stirring constantly, until boiling point is reached. Cook over low heat for another 5 minutes, stirring occasionally. Arrange the fish on a platter and sprinkle with parsley. Pour the sauce over it and serve.

FISH WITH MUSHROOMS

4 fish fillets.

2 tablespoons butter.

1 tablespoon chopped parsley.

2 tomatoes, skinned and
finely chopped.

1 tablespoon finely chopped onion.

$\frac{1}{2}$ cup mushrooms sliced.

2 tablespoons breadcrumbs.

1 glass hot sherry.

Grease baking dish thickly with butter. Arrange fish on butter, season to taste. Combine onion, tomato, mushrooms, parsley and breadcrumbs and sprinkle over fish. Pour sherry over. Cover with grease-proof paper and bake in moderate oven (175° C.) for 15 - 20 minutes.

KINGKLIP THERMIDOR

454 gms. kingklip.	113 to 227 gms. mushrooms.
1 teaspoon salt.	2 tablespoons flour.
2 tablespoons butter.	1 ¼ cups milk.
1 egg yolk.	¾ cup beer.
1 tablespoon chopped tops of spring onions.	
1 cup grated, mature, cheddar cheese.	

Bring water to boil with salt. Add fish and simmer gently for 15 minutes. Remove fish from water and spoon into either individual dishes or casserole. Melt butter in double boiler and add the flour. Gradually add milk and beer and season to taste. Cool. Add well-beaten egg yolk. Gently fry the onions and mushrooms and stir into sauce. Pour sauce over fish, sprinkle with grated cheese. Place nuts of butter on top and bake at 205° C. for 15 minutes.

KINGKLIP NEWBURG

681 gms. cold boiled kingklip in bite-sized pieces.	1 can condensed cream of mushroom soup.
2 tablespoons butter.	1 cup light cream.
2 tablespoons chopped onion.	1 beaten egg yolk.
2 tablespoons green pepper (chopped).	1 tablespoon sherry.
2 tablespoons minced parsley.	grating of nutmeg.
	pinch of cayenne pepper.

Melt butter, add onions, green pepper and parsley. Cook 10 minutes. Add soup, cream and egg yolk, blending well. Add fish, sherry, nutmeg and cayenne pepper. Cook until mixture thickens.

TO SERVE — As main dish: With Tastic rice and French salad. As appetiser: Spoon over water biscuits or into pastry vol au vents.

TRUITE AUX AMANDES

(Trout with almonds)

113 gms. butter or 4 tablespoons oil.	2 tablespoons blanched, shredded almonds.
½ teaspoon salt and dash pepper.	juice of one lemon
½ cup cold milk or water.	3 tablespoons flour.
lemon quarters and parsley for garnish.	

Heat butter in frying pan. Season trout with salt and pepper. Dip them in cold milk and then flour. Fry over low heat until brown on both sides. Remove to a heated platter and keep warm. Stir the almonds into the butter and brown them for a few minutes. Add 1 tablespoon lemon juice and pour the butter-almond sauce over the trout. Garnish with parsley and lemon quarters. Serve hot with potato balls rolled in minced spring onions or chopped parsley, and a cucumber salad with sour cream dressing.

FISH CREOLE

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| 5 soles filleted. | 2 sprigs parsley. |
| 1 large onion, diced. | 1 teaspoon salt. |
| 1 medium green pepper, diced. | $\frac{1}{4}$ teaspoon black pepper. |
| 2 tablespoons flour. | $\frac{1}{4}$ teaspoon thyme. |
| 3 tablespoon oil. | $\frac{1}{4}$ teaspoon garlic salt. |
| 1 large tin tomatoes. | pinch cayenne pepper. |
| 2 bay leaves. | 1 tin artichokes. |

Make a sauce first by cooking onions and green peppers in oil until soft. Stir in flour, add tomatoes, bay leaves, parsley and remaining seasonings. Simmer for 10 minutes. Remove parsley and bay leaves. Sprinkle each sole with salt and pepper. Roll up and place fillets in square ovenware dish. Cut artichokes in half and place between fillets. Cover fish with half the sauce and bake at 175° C. for 15 minutes. Add remaining sauce and bake further 15 minutes.

FISH CANELLONI

Fillings:

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| 2 tins middle cut (salmon style). | 2 tablespoons mayonnaise. |
| 2 teaspoons sandwich spread. | $\frac{1}{2}$ pickled cucumber (diced). |
| salt, pepper and tabasco sauce | 2 hard boiled eggs (diced). |
| to taste. | |

Remove bone from fish and flake. Mix together all ingredients and blend with fish.

Crêpes:

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| 3 eggs. | 2 cups water. |
| pinch salt. | 1 $\frac{1}{2}$ cups flour. |
| $\frac{1}{2}$ teaspoon baking powder. | |

Beat eggs and water well. Add flour, sifted with salt and baking powder. Beat until smooth. Heat small frying pan well. Grease lightly with oil. Pour batter very thinly to coat bottom of pan. Cook until dry. Invert pan on to brown paper. Place a spoonful of the fish mixture on each crêpe. Roll up, tucking in the ends and place in a greased oven proof dish. Pour over 140 mls sour cream, sprinkle with 113 gms grated cheddar cheese. Bake $\frac{1}{2}$ hour — moderate oven.

FISH PIE

(Suitable children's lunch dish)

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| 454 gms. stock fish. | 1 egg. |
| 1 slice white bread (crumbed). | little milk. |
| 1 tablespoon grated onion. | 1 tablespoon butter. |
| little tomato sauce. | |

Boil stock fish till soft. Remove from pot and flake fish, removing bones. Mix fish with egg, milk, bread crumbs, butter, onion and tomato sauce. Place in baking dish and bake in oven till nicely brown.

BAKED SOLE WITH ASPARAGUS

1 tin asparagus tips.
2 medium soles.
butter.

little milk.
seasoning.

Fillet soles and split into four pieces lengthwise. Cut tips off the asparagus and roll 3 or 4 into each piece of sole and secure with a match or cocktail stick. Place in buttered Pyrex dish. Mash asparagus tips into $\frac{3}{4}$ cup of milk and pour over fish. Season well and add a few pieces of butter. Bake in a moderate oven until fish is done. Mushrooms may be used instead of asparagus.

SHERRY SOLES AU GRATIN

2 large filleted soles.
57 gms. butter.
3 tablespoons sherry.
1 large finely chopped onion.
 $\frac{1}{2}$ cup grated cheddar cheese.

$\frac{1}{2}$ cup cream.
1 teaspoon salt.
dash pepper.
1 tin tomato pureé.

Fry fillets of sole. Place in ovenproof dish. Sauté the chopped onion in butter. Keep stirring. When golden in colour add tomato pureé, sherry, salt, pepper and cream. Stir and bring to the boil. Pour over fillets of sole. Top with grated cheese.

Bake in 205° C. oven for 30 minutes.

Decorate with parsley and serve with mashed potatoes.

SOLE BONNE FEMME IN GEM SQUASH

4 gem squashes.
140 mls. cream.
1 small grated onion.
1 cup grated cheese.

3 medium soles.
 $\frac{1}{2}$ tin mushrooms (3 big mushrooms).
nut of butter.

In a frying pan place butter, grated onion, sliced mushrooms and 2 tablespoons mushroom liquid. Simmer slowly for about 10 minutes. Add cream, salt and pepper to taste and simmer for another 2 minutes. Thicken with a good teaspoon flour or cornstarch. Remove from stove and add $\frac{1}{2}$ cup grated cheese. Cut squash in halves, remove seeds and leave 0.63 cm of the squash in the shells. Place the fish in each shell with a little salt and pepper. Fill shells with mixture. Sprinkle top of shells with remaining $\frac{1}{2}$ cup grated cheese. Pour boiling water in dish. (Oven 220° C.) When water starts to bubble cook for 15 minutes. Then turn off stove, put on griller and let the squashes get light brown.

FISH PIE WITH TOMATOES AND CHEESE

454 gm. cooked flaked fish.	mashed potatoes.
290 mls. cheese sauce.	57 gms. grated cheese.
454 gm. peeled, sliced tomatoes.	28 gms. butter.

Grease pie dish. In it place a mixture of the fish, cheese sauce and tomatoes, seasoned with salt and pepper. Cover with a layer of mashed potatoes, then with grated cheese. Dot with butter and brown under grill.

Cheese Sauce:

1 tablespoon butter.	1 tablespoon flour.
1 cup top milk or cream.	salt and pepper.
2 tablespoons grated cheese.	

Melt butter in a saucepan. Stir in flour and blend until smooth over low heat. Add cream or top of milk and stir over low heat until sauce thickens. Remove from fire and add grated cheese immediately. Stir until cheese is melted. Season with salt and pepper.

FISH SWISS ROLL

Mix together:

227 gms. tin of middlecut or pilchards, drained and flaked.
1 tablespoon chopped parsley.
1 tablespoon mayonnaise.
salt and pepper.
1 teaspoon lemon juice or vinegar.
short crust pastry.

Roll out pastry (short crust) to oblong 1 cm thick and spread with fish mixture to within 1.25 cm of edges all round. Roll up like a Swiss Roll, moisten edges and press together to seal. Cut 4 or 5 gashes across top with a sharp knife. Bake in hot oven 220° C. for 15-20 minutes. Serve in slices with parsley or cheese sauce, or ½ tin of celery soup mixed with ½ cup milk and heated together. Serves 4.

SALMON FILLED POTATO BOATS

6 medium or 8 small potatoes.	1 tablespoon milk.
1 egg yolk.	1 dessertspoon grated onion.
a nut of butter	lemon juice.
cayenne pepper.	pinch salt.
1 tin salmon.	paprika.

Scrub potatoes, dry and bake in jackets until tender. Cut in halves lengthwise while hot, scooping out centre. Mash potato pulp with milk, egg yolk, onion, butter, lemon juice and seasoning. Add flaked fish and pile into potato shells.

Sprinkle with paprika and reheat in moderate oven for 20 minutes.

SALMON — SWEET AND SOUR

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| 2 tins salmon. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ cup white vinegar. | 2 tablespoons flour. |
| 3 medium sliced onions. | 2 egg yolks, beaten. |
| 3 tablespoons white sugar. | |

Remove skin and bone from salmon and place fish in serving platter. Set aside liquid from tin. Cook onion slices in boiling water, to cover, until tender. Drain. Set aside one cup of this liquid. Mix salt, sugar, flour, vinegar, onion slices, salmon liquid, onion liquid, and cook for a few minutes. Pour over egg yolks gradually, and stir constantly. Reheat, without boiling, until smooth. While hot pour over salmon. Serve hot or cold.

MOULDED SALMON SALAD

Soften 1 tablespoon Agar-Agar (gelatine) in $\frac{1}{2}$ cup cold water and stir into 1 cup mayonnaise. Add following ingredients:—

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| 2 tins flaked salmon. | $\frac{1}{3}$ cup chopped celery. |
| 3 tablespoons chopped onion. | 2 tablespoons lemon juice. |
| 1 tablespoon diced pimento. | 1 chopped gherkin. |
| $\frac{1}{2}$ cup chopped, unpared cucumber. | |
| 3 tablespoons chopped stuffed olives. | |
| dash Worcestershire sauce. | |
| 3 tablespoons chopped green pepper. | |
| 2 tablespoons chopped Chinese pickles. | |
| salt and pepper to taste. | |

Fold in 1 cup whipped cream. Pour into individual moulds. Chill until firm. Unmould on lettuce leaf and garnish with ripe olive slices and bits of pimento.

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Soup

FRENCH ONION SOUP

227 gms. onions.
14 gms. flour.
salt and pepper.
slices of French bread.

42 gms. butter.
860 mls. boiling water.
bay leaf.
grated cheese.

Chop onions finely. Melt butter in heavy pan and add onions, brown slowly for about 20 minutes. Sprinkle in flour and add water. Simmer $\frac{1}{2}$ hour. Add seasoning and bay leaf. Put slices of French bread in individual ovenware casseroles, pour on boiling soup (remove bay leaf). Sprinkle liberally with grated cheese and put in oven for 15 minutes to brown. Serve very hot.

This can be served as a light meal, followed by fresh fruit.

TRIFLACH SOUP

1.14 litres clear soup (chicken
or beef).
1 egg.
3 tablespoons flour.

3 tablespoons cold water.
1 tablespoon finely chopped
parsley.

Make a batter with egg, flour and water. Bring soup to the boil. Pour batter into soup through a strainer. Boil 2 minutes. Add chopped parsley just before serving.

CREAM OF TOMATO SOUP

Cook 0.9 kg. fresh peeled tomatoes, 1 tablespoon minced onion and 1 teaspoon sugar, gently for about 20 minutes. Sieve into a saucepan.

In another saucepan melt 2 tablespoons butter and add 2 tablespoons flour, blending well. Add 1.71 litres of scalded milk. Stir constantly until mixture thickens. Combine with tomato mixture. Bring to the boil and season with salt and pepper.

Remove from stove and add 2 well-beaten eggs. Serve with whipped cream (optional) and chopped parsley.

TOMATO SOUP (PARAVA)

Fry 1 large onion and 1 clove of garlic in 2 tablespoons oil. Add 1.14 litres of minced tomatoes and 1 litre of water, salt, pepper and 2 teaspoons of sugar. Boil for 20 minutes. Beat 2 eggs. Put soup through sieve or Mouli and bring to boil again. Gradually add boiling soup to beaten eggs, beating continually. Do not boil again. Serve hot or cold.

VICHYSOISE (COLD SOUP)

- | | |
|---|-------------------------|
| 4 leeks. | 1 onion. |
| 2 tablespoons butter. | 0.37 litre sweet cream. |
| 1 cup thick cream (optional). | 5 potatoes. |
| 1.14 litres water. | 1 tablespoon salt. |
| 1 tablespoon chopped spring onion or parsley. | 2 cups milk. |

Slice white part of leeks very finely. Slice onion thinly and sauté leeks and onion in butter until golden. Peel and slice potatoes thinly. Add potatoes water and salt and boil for 30 minutes. Rub through a fine sieve and return to stove and add milk and cream. Taste if more seasoning is required. Add salt and pepper. Bring to boil, cool and rub through sieve again. Soup MUST be SMOOTH and CREAMY. When cold, fold in another cup of heavy cream (optional). Place in attractive bowls and top soup with chopped spring onion or parsley.

MINESTRONE SOUP

- | | |
|-------------------------|-------------------------------------|
| 1 cup white beans. | 3 stalks celery with leaves, diced. |
| 6 cups water. | 2 cups tomato pureé (454g.). |
| 1 veal knuckle. | 1 clove garlic. |
| 2 tablespoons oil. | 3 sprigs parsley. |
| 1 large onion, diced. | 3 large carrots. |
| 1 cup diced raw potato. | 1 cup shredded cabbage. |
| 1 cup macaroni pieces. | 1 tablespoon salt. |
| ¼ teaspoon, pepper. | |

Soak beans overnight in liquid. Cook for 3 hours ($\frac{1}{2}$ hour in pressure cooker), the beans, the water the beans have been soaked in, and the veal knuckle. Heat oil and cook vegetables until soft. Add vegetables to the soup and bring to the boil. When boiling stir in macaroni, salt, pepper and tomato pureé. Cook on medium heat for 30 minutes. Dilute with boiling water if too thick.

QUICK MINESTRONE

1 packet chicken noodle soup boiled in 1.14 litres water. Add large tin mixed vegetables, 113 gms. tin baked beans in tomato.
Bring to boil and serve.

LENTIL SOUP

- | | |
|------------------------|--------------------------|
| 1 cup red lentils. | 1 sliced onion. |
| 1.14 litres stock. | 57 gms. Debra's Schmalz. |
| 2 dessertspoons flour. | |

Wash lentils and soak overnight. Fry onion in fat, add lentils, fry till glossy. Add water or stock, season well and cook till lentils are soft. Rub through sieve. Return to pot and boil up again. Mix flour with water and add to soup. Cook for further 5 minutes. Serve with croutons of bread.

“Salad Days”

SALADE KEMAHEKI

Break 1 lettuce into pieces and then add:

- 1 tin tuna (drained and flaked).
- 1 tin salmon (drained and flaked).
- 1 tin large mushrooms — drained.
- 1 tin butter beans — drained.
- 1 tin artichokes, cut into large pieces and drained.
- 1 tin large asparagus, cut in halves and drained.
- 1 tin pineapple pieces — drained.

Toss above and just before serving pour over seafood dressing.
Garnish with $\frac{1}{2}$ tin red cherries.

BEETROOT AND ORANGE SALAD

Cut orange peel into tiny slivers to make 4 tablespoons. Boil for 2 minutes in salt water and drain. Melt 2 tablespoons butter. Stir in 2 tablespoons flour and add 1 tablespoon honey, 2 tablespoons brown sugar, 1 cup orange juice, 2 teaspoons lemon juice, $\frac{1}{2}$ teaspoon salt.

Cook until thick, stirring constantly. Add orange peel and 3 cups cooked beetroots cut into thin strips.

BEETROOT AND FRUIT SALAD

Grate cooked beetroot, pineapple and apple. Mix with mayonnaise, salt and pepper.

HALF PICKLED CUCUMBERS

- | | |
|------------------------------------|----------------------|
| 4 large cucumbers. | 4 cups water. |
| $1\frac{1}{2}$ cups white vinegar. | 3 tablespoons sugar. |
| $1\frac{1}{2}$ dessertspoons salt. | 5 bay leaves. |
| 10 - 12 peppercorns. | 1 clove garlic. |

Bring all ingredients except the garlic and cucumbers to the boil. Place garlic in bottom of ball jar. Add sliced unpeeled cucumber rounds. Pour cooled liquid over. Allow to stand 24 hours before using.

(Cucumbers pickle better out of fridge standing at room temperature. After 24 hours store in fridge.)

RED COLESLAW

- | | |
|--|------------------------------------|
| 1 firm red cabbage. | $\frac{1}{4}$ teaspoon pepper. |
| $\frac{1}{2}$ cup vinegar. | $\frac{1}{2}$ cup chopped pickles. |
| $\frac{1}{4}$ cup mayonnaise or salad oil. | $\frac{1}{2}$ teaspoon salt. |
| 1 tablespoon sugar. | |

Wash and cut cabbage into quarters. Shred finely or grate on coarse grater. Pour over 1 pint boiling water. Leave to stand 30 minutes. Drain and cool. Stir in all the rest of the ingredients. Chill before serving.

COLESLAW

- | | |
|------------------------------|---------------------------|
| Green cabbage. | 1 grated pineapple. |
| $\frac{1}{2}$ teaspoon salt. | 2 tablespoons mayonnaise. |
| 1 teaspoon mustard. | 2 teaspoons sugar. |

Shred cabbage finely and place in dish with ice cubes for 1 hour. Squeeze water out of cabbage. Add salt, sugar, and mustard. Mix well then add pineapple and mayonnaise. Chill well before serving.

COLE SLAW COSTILLIAN

- | | |
|---|------------------------------|
| 1 shredded cabbage. | 1 green pepper, chopped. |
| $\frac{1}{2}$ doz. green olives, chopped. | 1 red sweet pepper, chopped. |
| $\frac{1}{2}$ doz. black olives, chopped. | 1 sweet cucumber, chopped. |

Add to taste gherkins, celery, spring onions, parsley, tin of anchovies in small pieces, oil from anchovies, good squeeze of lemon juice, French dressing.

CABBAGE SALAD

- 1 cabbage, celery, radishes.

Dressing: Shake together:

- 1 cup oil, $\frac{1}{3}$ cup vinegar, $1\frac{1}{2}$ teaspoons salt, 3 or 4 cloves garlic.

PICKLED CABBAGE (SAUERKRAUT)

- | | |
|---|----------------------------|
| 1 cabbage. | 1 cup white vinegar. |
| 3 tablespoons sugar. | 1 teaspoon salt (or more). |
| $\frac{1}{2}$ cup caraway seeds (or more if liked). | |

Wash cabbage, shred finely, cover with boiling water and leave till cool. Boil vinegar, sugar and salt. Throw water off cabbage, add caraway seeds and mix, pour vinegar mixture over cabbage, place in ball jar. Allow to stand at least 24 hours before serving. (Cabbage pickles better at room temperature. Allow to stand for 24 hours out of fridge and then store in fridge.)

SPAGHETTI SALAD

Cook $\frac{1}{4}$ packet spaghetti; add 2 skinned diced tomatoes, 2 hardboiled eggs, 2 chopped apples, 1 tablespoon chopped onion, 2 chopped gherkins, 113 gms. chopped pickled beef, salt, pepper and mayonnaise.

PIQUANT RICE SALAD

1 cup cooked Tastic rice; 1 green pepper, chopped into small pieces; 1 onion, chopped into small pieces; 1 tomato, chopped into small pieces; 2 teaspoons curry powder; $\frac{1}{2}$ cup mayonnaise; 2 tablespoons chutney; salt and pepper to taste.

Mix all ingredients together, place in bowl and garnish.

RICE SALAD

Boil 1 cup Tastic rice. While still warm add $\frac{1}{4}$ cup olive oil, 1 tablespoon vinegar, black pepper. Allow to cool.

When cold add: $\frac{1}{4}$ cup minced parsley, $\frac{1}{4}$ cup minced onion, black olives, whole raw mushroom cut in slices, lettuce pieces.

ROAST BEEF AND RICE MEDLEY

(Salad that is a meal)

2 cups cooked, steamed Tastic rice.	2 diced tomatoes.
2 diced onions.	1 diced green pepper.
1 small tin peaches.	227 gms. roast beef.

Dressing:

$\frac{1}{2}$ cup mayonnaise, 2 tablespoons chutney and 1 tablespoon curry powder.

Combine rice and diced vegetables in a bowl. Add peaches, drained and diced. Add roast beef cut into thin, narrow strips. Prepare dressing by combining mayonnaise, chutney and curry powder in a bowl. Stir well. Pour over rice mixture and mix well. Chill before serving.

ORANGE RICE SALAD

Cook together: $\frac{1}{2}$ cup uncooked Tastic rice, $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup water, 1 tablespoon oil, salt, pepper.

Grate 1 or 2 apples, 2 carrots and add salt, pepper and mayonnaise. Mix all together.

PINEAPPLE AND PEA SALAD

2 cooked potatoes.	1 thick slice pineapple.
1 small cucumber.	1 cup cooked turnip.
$\frac{1}{2}$ cup mayonnaise.	1 banana.
1 cup cooked peas.	pinch of cayenne pepper.

Dice the whole fruit and vegetables and mix with the peas. Stir in mayonnaise, diluted with 1 tablespoon vinegar, and a pinch cayenne pepper. Pour into salad bowl. Chill before serving.

PINEAPPLE AND CELERY SALAD

Fresh cubed pineapple, equal quantity chopped celery. Mix these with salt, pepper and mayonnaise.

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JELLIED TOMATO RING AND EGG SALAD

2 tins tomato juice (454 gms. tins).	2 teaspoons horseradish.
2 tablespoons Agar Agar	$\frac{1}{4}$ cup hot water.
(gelatine).	2 teaspoons salt.
1 bay leaf.	2 teaspoons sugar.
2 peppercorns.	2 tablespoons lemon juice.
1 clove.	$\frac{1}{4}$ teaspoon tabasco.
sprig parsley.	

Heat tomato juice with bay leaf, peppercorns, clove and parsley over low heat for 10 minutes. Strain. Dissolve Agar Agar in hot water and add to tomato juice stirring until dissolved. Add salt, sugar, lemon juice and horseradish. Pour into large ring mould which has been rinsed in cold water, and freeze until firm. Unmould on bed of salad greens and fill ring with egg salad.

Egg Salad:

6 hard-boiled eggs — 1 cup mayonnaise — 1 tablespoon grated onion — 1 cup diced celery — 1 teaspoon salt — dash cayenne — dash pepper.

Slice eggs and combine above ingredients. Fill centre of tomato ring with egg salad and decorate with tomato slices, cucumbers, olives, etc.

OLIVE AND TOMATO SALAD

1 tablespoon vinegar or lemon juice.
salt, pepper.
2 tablespoons salad oil.
1 bunch finely chopped spring onions.
1 cup black olives.
454 gm. tomatoes.
1 green pepper, diced (optional).

This makes a substantial luncheon dish when served with cheese or hard-boiled egg and brown bread and butter.

TOMATO THYME SALAD

454 gms. sliced tomatoes, 1 finely sliced onion, 1 teaspoon thyme French dressing.

PEAR SALAD

1 large tin pears.	$\frac{1}{2}$ green cabbage.
1 small pineapple.	pinch salt.
1 carrot.	1 lettuce.
2 tablespoons mayonnaise or orange juice.	1 tablespoon seedless raisins.

Wash lettuce leaves and arrange in large dish. Drain pears and hollow out centres. Arrange pears attractively on lettuce leaves. Grate pineapple and carrot and shred cabbage finely. Combine pineapple, carrot, cabbage, raisins, salt, pear centres and some of the juice, with the mayonnaise or orange juice. Fill pears with this mixture and refrigerate until serving. This salad is delicious served with cold meats. This salad will keep overnight.

DIFFERENT SALAD

Bananas sliced and sprinkled with lemon juice, chopped celery, raisins, and pineapple cubes. Mix with mayonnaise.

BANANA SALAD

Sliced bananas dressed with a mixture of mayonnaise and tomato sauce.

NOVEL SALAD

Butter beans, sliced bananas, cooked peas, cooked carrots, and mayonnaise.

CRUNCHY POTATO SALAD

681 gms. boiled potatoes, $\frac{1}{2}$ cup diced cucumber, 3 hard-boiled eggs, $\frac{1}{2}$ cup diced celery, carraway seed, $\frac{1}{2}$ cup diced onion, salt and pepper, $\frac{1}{2}$ cup diced pickled cucumber, celery salt, $\frac{1}{2}$ cup grated carrot, 2 tablespoons vinegar, 2 tablespoons prepared mustard, $\frac{3}{4}$ cup mayonnaise. Mix the above ingredients together.

DUTCH CHEESE SALAD

Dice 170 gms. Gouda cheese, 2 green peppers, 2 apples, 2 oranges, add orange juice, mayonnaise.

GREEN BEAN SALAD

454 gms. cooked and cooled green beans 2 inch lengths. 1 tin rolled anchovies in oil. Mash anchovies with oil, add extra tablespoon oil and 2 teaspoons lemon juice, dash freshly ground pepper. Garnish with hardboiled eggs.

WALDORF SALAD

2 cups diced red apples with skins, 1 cup chopped celery stalks, $\frac{1}{2}$ cup chopped walnuts or pecans, mayonnaise, salt, pepper, paprika. Mix all ingredients together.

CONCOMBRES A LA CREME

(Cucumber salad with sour cream)

4 cucumbers.	1 clove garlic, minced.
$\frac{1}{2}$ teaspoon salt.	dash pepper.
little dill.	1 teaspoon sugar.
1 cup sour cream.	$\frac{1}{4}$ cup salad oil.
2 tablespoons vinegar or lemon juice.	

Peel and slice cucumbers very thinly. Salt and place in the refrigerator for $\frac{1}{2}$ hour. Make dressing by combining dill, cream, garlic, pepper and sugar. Add vinegar and then the oil very slowly. Drain liquid off the cucumbers and cover the cucumbers with the dressing. Serve well chilled.

SALAD NICOISE

Salad:

- | | |
|--------------------|--------------------------------|
| 1 head lettuce. | 3 potatoes, cooked and sliced. |
| 1 tin green beans. | 1 tin anchovy fillets. |
| 3 firm tomatoes. | 57 gms black olives. |
| 1 teaspoon capers. | |

Dressing:

- | | |
|--------------------------------------|---------------------------------|
| 1 teaspoon salt. | 1 tablespoon cider vinegar. |
| $\frac{1}{2}$ teaspoon black pepper. | $\frac{1}{3}$ cup wine vinegar. |
| 1 onion. | 1 tablespoon capers. |
| $\frac{2}{3}$ cup olive oil. | |

Rub wooden bowl with clove of garlic. Tear lettuce into pieces. Add drained green beans, tomatoes cut into quarters, capers, sliced potatoes, drained anchovy fillets and drained olives.

Make dressing by placing salt, pepper and vinegars in a glass jar with a lid. Add the onion, minced finely, and the capers also chopped finely. Then add the olive oil.

Cover, shake and chill thoroughly in fridge. Just before serving, cover salad and toss.

This is a famous French salad and is often served as an hors d'oeuvre as well.

PICKLED MUSHROOMS

- | | |
|--------------------------------|--------------------|
| 4 tins small button mushrooms. | 1 teaspoon pepper. |
| 4 cloves. | 1 teaspoon salt. |
| brown vinegar to cover. | |

Drain mushrooms and sprinkle with salt. Wrap cloves in a piece of muslin, and put in pan with all other ingredients, except vinegar. Cover pan and cook very slowly for 10 minutes. Add sufficient vinegar to just cover the mushrooms. Bring to the boil, and cool, remove cloves, then put into jars. Keep in a cold, dark place.

HORSERADISH SALAD DRESSING

1 cup mayonnaise, 140 mls. sweet cream whipped, $\frac{1}{4}$ cup drained horseradish, 1 teaspoon sugar, dash salt and few drops tabasco.

MAYONNAISE

Beat 4 egg yolks, add 2 teaspoons dry mustard mixed with vinegar, 1 tablespoon sugar, 2 teaspoons salt, dash of celery salt, pepper, onion salt and paprika. Add 1 bottle oil very slowly. Thin down with vinegar. More sugar or spices may be added to taste.

BASIC FRENCH DRESSING

$\frac{3}{4}$ cup good salad oil, $\frac{1}{4}$ cup vinegar, 1 tablespoon sugar, 1 teaspoon salt, 1 teaspoon dry mustard, $\frac{1}{4}$ teaspoon celery salt.



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Vegetables

SWEET AND SOUR CAULIFLOWER

Break cauliflower into pieces. Wash thoroughly. Pour boiling water over and bring to the boil. As soon as it boils remove from water and allow to dry.

Dip each piece in flour, beaten egg, and fry in hot oil until golden brown. Put into saucepan, add two tablespoons oil from frying pan, water to just cover. Season with lemon juice, sugar and salt and simmer until water has half boiled away — about 1 hour.

The above recipe can also be made with vegetable marrow cut in slices.

STUFFED GEM SQUASHES

(Served with Fish)

Cut squashes in half. Scoop out inside. Fill with grated cheese. Season with salt, pepper and paprika. Bake in moderate oven 15 mins'

FILLED GEM SQUASHES

Cut cooked squashes in half and scoop out pips. Season. Fill with cooked drained or tinned peas or mixed vegetables. Top with slice of fried tomato.

VEGETABLE VARIATIONS

Add interest to vegetables by adding:—

Mint to peas when cooking.

Caraway seeds to cabbage.

Nutmeg to pumpkin, carrots and squash.

Rosemary to boiled potatoes.

Sweet basil to tomatoes.

HOT BEETROOT WITH SWEET CREAM DRESSING

flour.

water.

cream.

1 beetroot, cooked.

Mix flour and water to a paste. Add cream and warm.

TO SERVE: Place slices of cooked beetroot along the edge of serving platter. Place sliced cooked potatoes in centre. Pour over sweet cream dressing. Serve hot.

TOMATO RICE

454 gms. ripe tomatoes.	2 teaspoons sugar.
small onion.	salt and pepper.
1 tablespoon tomato sauce.	1 cup Tastic rice.

Fry sliced onion in tablespoon oil. Add cut up tomatoes, allow to stew. Sieve through coarse strainer. Add rest of ingredients. Bring liquid to 2 cups by adding water. Pour into casserole dish. Add 1 cup Tastic rice. Cover dish and leave in slow oven until all moisture has been absorbed. Fluff with a fork before serving.

SPANISH RICE

1 green pepper, chopped (optional).	Oil for frying.
3 tomatoes, skinned and cut up.	1 onion, grated.
Thyme, bay leaves and allspice.	1 cup water.
1 cup Tastic rice — uncooked.	

Fry onion and 2 tablespoons of rice in oil. When onion is golden in colour, add tomatoes, green pepper, salt to taste and spices, and cook till pepper is soft. Then add rest of rice and water. Put in casserole dish and bake in 175° C. oven, till rice is done.

FRIED RICE

3 cups chicken or beef stock.	1 cup Tastic rice.
3 tablespoons oil.	1 teaspoon salt.

Heat oil and brown rice slightly. Place rice and 2 cups stock in casserole. Add salt and bake 175° C. oven, stirring occasionally. When soup is absorbed, add 3rd cup, allow to absorb.

RED CABBAGE (Hot)

Shred cabbage. Put 1 tablespoon oil in pot and heat. Add cabbage and 1 grated sour apple and toss. Add $\frac{1}{4}$ cup water and $\frac{1}{2}$ teaspoon salt. When soft, add lemon juice and sugar to taste and thicken with 1 tablespoon of flour. Serve with duck or turkey.

CABBAGE WITH ZIPPY SAUCE

Combine 1 teaspoon salt, 1 teaspoon sugar, 2 tablespoons lemon juice, 5 tablespoons butter (melted), 1 $\frac{1}{2}$ tablespoons horseradish and dash paprika. Serve over hot cabbage.

SWEET AND SOUR ONIONS

(Very good with hot pickled tongue or brisket).

Boil 12 whole small onions in salt water.

Sauce:

1 cup white vinegar.	1 teaspoon prepared mustard.
$\frac{1}{2}$ cup sugar.	salt.
2 eggs.	pepper.

Beat all ingredients and boil. Remove from heat and beat well. Pour over onions. Serve hot as vegetable.

POTATO CASSEROLE

Peel 6 large potatoes and slice 0.3 cm. thick (about 6 cups). Cover with iced water. Grease a 2.85 litre shallow casserole. Cover the bottom of casserole with a layer of potatoes (about 2 cups). Sprinkle evenly with $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. 1 tablespoon parsley. $\frac{1}{2}$ cup chopped onion and 1 cup grated cheddar cheese. Dot with 2 tablespoons butter. Add another layer of potatoes and repeat all layers of ingredients once more in that order. Finish with a layer of potatoes, sprinkle with $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Dot with 2 tablespoons butter. Mix $\frac{1}{3}$ cup of milk and $\frac{1}{3}$ cup of cream (heavy) or $\frac{2}{3}$ cup of light cream and pour into casserole.

Bake in hot oven for 1 hour or until done and golden brown on top.

Makes 8 - 10 servings.

CRISPY CREAMED POTATOES

1.4 kg. potatoes.

a good pinch salt.

85 gms. butter.

milk.

1 packet crisps (flavoured).

Boil potatoes in salt water till soft. Drain and beat together with milk and butter until smooth.

Place in buttered pie dish. Crush and sprinkle crisps on top. Bake in hot oven till brown. (For meat dishes substitute Debra's Schmalz and stock for butter and milk).

POMMES DE TERRE PARISIENNE

(Potato Balls)

454 gms. potatoes.

Butter or oil for frying.

Minced spring onion or chopped parsley.

Make potato balls by using a scoop cutter. (Very tiny "new" potatoes that have been washed and scraped may also be used.) Pour boiling salt water over the potatoes and boil for 15 minutes — drain. Heat butter or oil in a frying pan and fry the potato balls until golden brown.

Sprinkle with minced spring onion or chopped parsley.

Serve hot.

COURGETTES A LA PROVENCALE

(Baby marrows with tomato)

4 baby marrows.

4 tomatoes, sliced.

4 tablespoons oil.

454 gms. can tomato pureé.

2 onions, diced.

$\frac{1}{2}$ cup boiling water.

1 clove garlic, crushed.

salt and pepper.

Wash and scrape the marrows. Slice into rings of 1.25 cm. thickness. Heat oil and brown onions and garlic therein. Add tomatoes and marrow rings. Fry until wilted. Add pureé, water and seasoning. Cover and allow to simmer over low heat for 10 minutes.

DEVILLED GREEN BEANS

Cream 4 tablespoons butter with 1 teaspoon prepared mustard. Add 1 teaspoon Worcester sauce, $\frac{1}{4}$ teaspoon salt and dash cayenne pepper.

Serve on hot, cooked, green beans

STUFFED MARROWS

1 marrow (large or a few small marrows).	
2 chopped onions.	oil.
$\frac{1}{4}$ cup flour.	57 gms. butter.
sugar.	$\frac{1}{2}$ tin tomato puree (medium).
salt and pepper.	juice of 1 lemon.

Peel and wash marrow. Scoop out pips and leave it hollow. Mix together flour, salt, pepper, 1 onion and butter. Stuff marrow with mixture. Fry 1 chopped onion in oil, add stuffed marrow and fry on all sides. Mix tomato puree, salt, pepper, lemon juice and sugar. The taste must be sweet and sour. Pour over stuffed marrow and bake in moderate oven until soft.

MARROW RINGS

Peel and boil marrow until tender. Drain and cut into rings, discarding seeds. Coat with egg and breadcrumbs and fry in hot oil until brown.

Drain and sprinkle with salt, pepper, and allspice.

MUSHROOMS IN SOUR CREAM

This is a delicious way to prepare a mushroom sauce which can be added to Tastic rice, poured over grilled or steamed fish, served with an omelette or over toast as an Hors d'oeuvre. This dish can also be served as a vegetable.

454 gms. fresh mushrooms.	1 teaspoon salt.
1 onion, diced.	$\frac{1}{4}$ teaspoon pepper.
2 tablespoons butter.	$\frac{1}{2}$ tablespoon flour.
1 tablespoon boiling water.	290 ml. sour or sweet cream.
1 teaspoon lemon juice.	

Place the onion in the boiling water and boil for 15 minutes. Wash mushrooms and dry with a clean cloth. Melt the butter in a frying pan. Slice the mushrooms and sauté them in the butter. Add the onion and boiling water and simmer for a few minutes. Add salt and pepper. Stir flour into cream and add to the mushrooms. Simmer gently — do not boil. Add lemon juice and serve hot.

GREEN BEANS AND MUSHROOM CASSEROLE

454 gms. mushrooms, 1 onion, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ cup flour, 2 teaspoons soya sauce, 3 tins (small) of dehydrated beans or 681 gms. fresh beans, 2 cups milk (warm), 1 cup light cream or top of milk, $\frac{3}{4}$ cup cheese, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ cup almonds.

Sauté mushrooms and onions in butter. Add flour and cook until smooth. Add warmed milk and cream while stirring. Add grated cheese, soya sauce, salt and pepper. Simmer until cheese melts. Cook beans, drain and mix with mushroom sauce. Pour into casserole. Sprinkle with blanched, slivered almonds, which have been fried in butter until light brown. Bake 20 minutes in moderate oven. If prepared before and allowed to cool down, reheat for 35 - 40 minutes.

Delicious served with fish.

A

Light Bite

SPINACH CANELLONI

Pancakes:

3 eggs.	$\frac{1}{2}$ teaspoon salt.
3 tablespoons butter.	$1\frac{1}{2}$ cups milk.
1 cup flour.	

Beat eggs lightly. Stir in melted butter, flour, salt and milk. Beat until smooth. Make thin pancakes in lightly oiled pan.

Filling:

3 bunches spinach.	227 gms. strong cheese.
140 ml thick cream.	salt and pepper.
1 small tin tomato pureé.	

Mince spinach and drain liquid. Add cheese, salt and pepper. Put 1 tablespoon into each pancake and roll. Place rolls in pie dish. Season tomato pureé with salt, pepper and a little sugar and pour over pancakes. Add cream. Bake $\frac{1}{2}$ hour in moderate oven. Place under grill before serving.

FONGOS

(Spinach and Potato Pie)

1 bunch spinach.	olive oil.
1 large cup grated cheese.	butter.
3 eggs.	salt to taste.
Mashed potatoes (2 large potatoes mixed with $\frac{1}{4}$ cup grated cheese, 1 raw egg and salt).	

Wash, remove stalks and cut spinach into strips. Place in well greased dish then mix in thoroughly 3 beaten eggs, cheese and salt to taste. Spoon mashed potatoes on top of spinach. Dot with butter. Place in 190° C. oven and cook until firm, about 30 to 40 minutes. Serve hot with hardboiled eggs.

POTATO FRICADELLES

$1\frac{1}{2}$ cups grated cheese (strong).	6 large potatoes.
1 teaspoon salt.	4 eggs.

Boil peel and mash potatoes; add eggs, salt and cheese. Mix well and shape into small balls. Fry in deep, hot oil until golden brown.

STUFFED TOMATOES

Use large firm tomatoes. Scoop pulp from tomatoes and mash with breadcrumbs, salt, pepper and a little mustard. Stuff tomatoes with mixture, top with strong, grated cheese and a pat of butter.

Bake till brown.

MEDIAS DE BIRINJENAS

3 long egg plants (cut each one in quarters and scoop).

Filling:

2 large potatoes (boiled and mashed).	salt to taste.
2 tablespoons grated cheese.	1 egg.
1 teaspoon butter.	

Mix all this well.

Fill egg plant quarters with mixture, coat them in flour and egg, and fry in hot oil.

Gravy:

2 tablespoons fresh tomato juice.	$\frac{1}{2}$ cup water.
1 tablespoon grated cheese.	$\frac{1}{2}$ cup milk.
1 tablespoon butter or olive oil.	
1 teaspoon flour, added to milk or water and dissolved well.	

Place gravy in a saucepan and bring to boil. Place the egg plant in pot and let this cook on medium heat for $\frac{1}{2}$ hour.

CREAM CHEESE FRITTERS IN TOMATO

227 gms. firm white cheese.	1 heaped tablespoon flour.
1 egg.	salt and pepper.

Mix all ingredients thoroughly. Drop from spoon into hot oil and fry golden brown and firm. Put fritters into saucepan containing $1\frac{1}{2}$ - 2 cups grated tomatoes, add 1 tablespoon oil from frying pan and season with salt, pepper and pinch sugar. Simmer until tomatoes are well cooked. Can be served hot or cold.

BRUSSELS SPROUTS WITH ONION AND CHEESE SAUCE

3 cups Brussels sprouts.	salt and pepper.
1 cup chopped spring onion.	1 cup milk.
1 tablespoon butter.	$\frac{1}{2}$ cup cheddar cheese.
2 tablespoons flour.	1 tablespoon chopped parsley.

Cook onion in a little salted, boiling water for 10 minutes. Add sprouts and cook another 10 minutes. Drain. Prepare cheese sauce from the rest of ingredients. Pour over vegetables.

Very good with fish dishes or alone as a luncheon dish.

CHEESE RAREBIT

2 tablespoons flour.	227 gms. grated cheddar cheese.
2 tablespoons butter.	salt and pepper.
1 cup milk.	dash cayenne or paprika.

Melt butter over low heat. Stir in and blend flour. Slowly add milk and cheese, stirring all the time till thick and smooth. Season. Serve on toast or as fondue with crisp rolls.

Mushroom Rarebit:

Add 227 gms. tin creamed mushrooms to above.

Chicken

Licken

(Chicken, Duck, Goose)

CRISP DUCK

1,4 kg. duck.
1 tablespoon dry sherry.
1½ dessertspoons salt.
2 tablespoons flour.
2 teaspoons paprika.
oil for deep frying.

6 slices ginger.
4 cloves.
aniseed.
1 dessertspoon sugar.
1 egg.

Sprinkle duck with sherry and allow to stand for 15 minutes. Mix salt, sugar and paprika. Rub over duck. Place duck in a large steamer with ginger and aniseed and steam for 1 - 1½ hours, or until tender. Remove duck from steamer and allow to cool.

Beat egg lightly, add flour and mix well. Coat duck with this mixture and deep fry, until crisp, about 15 minutes.

(To improvise steamer, place pot into slightly larger pot into which a small quantity of water has been placed).

APRICOT AND RICE STUFFING FOR GOOSE

Boil 454 gm. Tastic rice 12 minutes. Allow to cool, then add 454 gm. dried chopped apricots, previously soaked in cold water.

113 gms. chopped almonds.
28 gms. chopped parsley.
Blend well.

14 gms. chopped celery.
pinch powdered dried sage.

Season goose with salt and pepper and stuff. (Unlike other birds a goose should be roasted on its side.). Roast on one side in a hot oven for one hour then turn on the other side. Keep turning ½ hourly until the goose is done. Allow 15 minutes per 454 gms. Baste frequently and skim off excess fat. Put goose on its back for the last 15 minutes only, to brown the breast.

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APRICOT DUCK

Roast duck, which has been well seasoned, basting in ginger ale and orange juice. For last twenty minutes cooking, add juice of a tin of apricots with 1 tablespoon of soya sauce and 1 teaspoon ground ginger. Finally, add apricots with a little melted apricot jam.

HONEY CIDER SAUCE FOR DUCK

- | | |
|--------------------------------------|--------------------------------|
| $\frac{3}{4}$ cup cider. | 1 tablespoon honey. |
| 2 teaspoons cornstarch. | dash pepper. |
| 2 tablespoons fat from roasting pan. | 1 teaspoon grated orange rind. |
| | $\frac{1}{2}$ teaspoon salt. |

Combine cider and cornstarch in small saucepan. Add fat and mix thoroughly. Cook over medium heat stirring constantly until thick and clear. Stir in honey, salt and pepper. Pour into serving bowl. Sprinkle with orange rind. Serve hot, with duck.

ROAST DUCK WITH APPLE STUFFING

- | | |
|---------------------------|---------------------------|
| 1 young duck and giblets. | ginger. |
| 3 cups of water. | salt, pepper and paprika. |
| 1 cup orange juice. | 1 cup white wine. |
| orange segments. | |

Stuffing:

- | | |
|------------------------------------|---------------------------|
| 4 tablespoons crushed corn flakes. | 1 teaspoon ginger. |
| 4 tablespoons oats. | 1 teaspoon cinnamon. |
| 4 tablespoons breadcrumbs. | 2 teaspoons sugar. |
| 3 grated apples. | 2 tablespoons matzo meal. |

Make stock by cooking giblets in 3 cups water. Rub salt, ginger, paprika and pepper into duck. Prepare stuffing by combining all the ingredients with stock until a fairly stiff consistency is obtained.

Stuff duck, skewer the opening at the neck and place the duck in a roasting pan. Brush with orange juice and place in 205° C. oven to brown. When browned, remove from pan, and place orange segments under the wings. Brush again with orange juice and wrap duck in a sheet of aluminium foil. Roast in a 175° C. oven until tender, opening the foil every 20 minutes to brush again with the orange juice.

Make a gravy by placing the thinly sliced peel of 1 orange and the cup of white wine in a saucepan for 10 minutes.

Melt two tablespoons Debra's Schmalz and carefully stir in 2 tablespoons of flour. Slowly add the wine mixture and $\frac{1}{2}$ cup of stock. Add the orange segments. Bring to the boil, strain and serve hot.

SWEET AND SOUR DUCK

Cook duck, cut into serving pieces, then fry. Add the following sauce:—

Mix together and boil:—

- | | |
|-----------------------------|---------------------------|
| 1 cup sugar. | 2 tablespoons soya sauce. |
| 1 cup brown vinegar. | 1 green pepper, sliced. |
| $\frac{1}{2}$ cup dry wine. | |

Mix 1 tablespoon cornflour with water and pour into sauce.

Just before serving, add 1 tablespoon chopped preserved ginger, $\frac{1}{2}$ cup pineapple chunks and $\frac{1}{4}$ cup sliced sweet gherkins.

Mushrooms, almonds and fried bamboo sprouts may also be added.

SWEET AND SOUR CHICKEN

1 young chicken cut into serving pieces.

$\frac{1}{2}$ cup flour.

1 teaspoon salt.

$\frac{1}{2}$ cup oil or melted fat (Debra's). $\frac{1}{4}$ teaspoon pepper.

Sauce:

$\frac{1}{2}$ cup cider vinegar.

3 tablespoons brown sugar.

1 table spoon brown table sauce.

1 tablespoon tomato sauce, a few chopped dill cucumbers.

Wipe chicken with a damp cloth. Combine flour, salt and pepper in a clean paper bag. Shake pieces of chicken in bag until coated with flour. Heat the oil in a large pan and brown chicken. Place skin side up in an ovenware dish and keep hot. Heat ingredients of sauce, stirring to dissolve sugar. Pour over chicken and bake in medium oven for 1 hour, basting occasionally. Serve with Tastic rice and salads.

CHICKEN WITH PINEAPPLE

Cut chicken into serving portions. Dredge in seasoned flour. Dip in egg and fry in oil. Place pieces of chicken in casserole dish.

Mix together: 1 small tin pineapple chunks with juice, 1 dessertspoon chutney, 1 tablespoon Worcester sauce and 1 cup chicken stock.

Bring to the boil and pour over chicken. Simmer for approx. 1 $\frac{1}{2}$ hours. Serve with Tastic rice.

BABY CHICKEN STUFFED WITH VEAL AND CHICKEN LIVERS

3 baby chickens ($\frac{1}{2}$ per person).

1 onion, minced.

227 gms. minced veal.

$\frac{1}{2}$ cup chicken broth.

chicken livers, minced.

3 tablespoons oil.

1 cup breadcrumbs.

1 teaspoon salt.

3 tablespoons chopped parsley.

dash pepper.

Rub chickens with salt and pepper. Either grill or roast for 20 mins. Heat oil and brown onion and minced veal and chicken livers. Add breadcrumbs, salt, pepper, parsley and chicken broth. Cook for 2 mins. Cut the chickens in half. Fill with the veal stuffing. Wrap each half in foil and bake in a 175° C. oven for 30 mins. Serve with lemon wedges.

SAVOURY STUFFING

1 $\frac{1}{2}$ cups breadcrumbs (fresh).

salt.

1 $\frac{1}{2}$ dessertspoons finely chopped onion.

pepper.

1 teaspoon chopped parsley.

1 teaspoon thyme.

1 $\frac{1}{2}$ tablespoons chicken fat or Debra's.

1 egg.

Mix above ingredients well and stuff chicken. Sew up.

CHICKEN LOAF OR RING

- | | |
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| 2 cups hot chicken stock. | $\frac{1}{2}$ teaspoon salt. |
| 2 eggs, slightly beaten. | $\frac{1}{4}$ teaspoon paprika. |
| 1 cup soft bread crumbs. | $\frac{1}{2}$ cup chopped celery. |
| 1 teaspoon Worcester sauce. | $1\frac{1}{2}$ tablespoons lemon juice. |
| 3 cups diced cold, cooked chicken. | |

Pour hot stock slowly onto eggs stirring constantly. Add remaining ingredients, mix well and pour into greased mould. Bake in slow oven (150°C.) until knife inserted in centre comes out clean (about 45-60 minutes). It will take less time in a ring tin than in a loaf pan. Leave 10 minutes before taking out of mould. Serve with a mushroom sauce or a salad in the centre of the ring.

Serve hot or cold.

CHICKEN PIE

- | | |
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| 3 cups cooked chicken pieces. | 4 tablespoons oil. |
| 2 tablespoons flour. | 1 teaspoon salt, dash pepper. |
| 1 teaspoon lemon juice. | $\frac{1}{2}$ teaspoon paprika. |
| 3 cups chicken broth. | 1 beaten egg yolk. |
| 1 onion chopped finely. | 2 tablespoons green pepper |
| 1 tin sliced and drained
button mushrooms. | (chopped finely). |

Pastry:

- | | |
|----------------------------|----------------------------------|
| 227 gms. vegetable fat. | salt. |
| $1\frac{1}{2}$ cups flour. | $\frac{1}{2}$ cup boiling water. |

Grate vegetable fat into flour and salt. Add boiling water, stir quickly with a knife and place in fridge for 2 hours, or freezer for $\frac{1}{2}$ hour. Remove, knead and roll out.

Method:

Heat oil, sauté onion, green pepper and mushrooms, until limp. Stir in flour, salt, pepper, paprika, stir until smooth. Add chicken broth and bring to the boil. Add lemon juice and chicken and heat through.

Place in a pyrex dish and lay rolled out dough on top. Cut 3 slits in pastry covering chicken. Brush with egg yolk. Bake 220°C. oven. Serve with French salad.

The chicken mixture makes chicken a la king served with fried Tastic rice.

CHICKEN CHASSEUR

Marinate chicken which has been cut into serving pieces in following sauce:—

2 tablespoons tomato sauce.	2 tablespoons Worcester sauce.
2 tablespoons H.P. sauce.	1 dessertspoon vinegar.

The chicken must marinate for at least 3 hours and must be turned occasionally.

Brown a chopped onion in oil and add marinated chicken pieces and allow to brown. Place browned chicken in pot with stock and remaining marinade. Simmer till tender. Add 454 gms. mushrooms (sliced). Serve with Tastic rice.

BARBECUED CHICKEN

1 chopped onion.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ teaspoon celery salt.	$\frac{1}{2}$ teaspoon chilli powder.
2 tablespoons sugar.	2 tablespoons vinegar.
2 tablespoons Worcester sauce.	1 cup water.
$\frac{1}{2}$ cup tomato sauce.	2 drops tabasco sauce.

Boil above ingredients for 10 minutes.

Joint chicken. Season with salt and pepper. Dip in flour and fry until golden brown. Drain on brown paper. Pour sauce over chicken and slowly simmer for 1 hour.

CHICKEN WITH MUSHROOMS AND OLIVES

Cut chicken into portions. Coat each portion with flour to which desired spices have been added. Brown each piece in oil.

Place in casserole with $1\frac{1}{2}$ cups water and 1 chicken cube. Add 1 tin button mushrooms with liquid, 2 tablespoons sliced stuffed olives and about 10 whole olives. Cover and leave in moderate oven until chicken is tender. Serve on Tastic rice.

CHICKEN CACCIATORE

Cut chicken in portions. Dredge in seasoned flour. Brown in $\frac{1}{4}$ cup oil. Put chicken in large casserole dish. Brown onions lightly with crushed garlic (2 onions chopped small). Add to chicken.

Now add:

1 tin tomato pureé.	2 peeled sliced tomatoes.
1 cup chicken stock.	small glass white wine.
1 teaspoon chopped parsley.	salt, pepper, teaspoon sugar,
1 tin mushrooms, strained and sliced.	bayleaf.

Put in oven 175° C. for approx. 1 hour. Serve with Tastic rice.

ORIENTAL CHICKEN

- | | |
|--|--------------------------------|
| 2 frying chickens (cut in serving pieces). | 1 medium tin pineapple chunks. |
| 1 cup flour. | 1 green pepper. |
| $\frac{3}{4}$ cup cold water. | 2 cucumbers. |
| 2 beaten eggs. | 85 gms. mushrooms. |
| $\frac{1}{2}$ cup oil. | 2 stalks celery (optional). |
| 1 onion. | 2 tablespoons maizena. |
| 1 tablespoon sugar. | 2 tablespoons soya sauce. |
| 4 tablespoons vinegar. | chicken stock. |
| 1 teaspoon raw ginger root (optional). | |

Combine beaten eggs, cold water and salt, beating well. Make well in flour and add egg mixture. Dip chicken into batter and fry in hot oil. Place chicken portions into casserole. Drain liquid from pineapple chunks and add chicken stock to make one pint liquid. Add to chicken and simmer till soft. Slice vegetables and chop ginger root very finely and add to pineapple chunks and mushrooms. Heat small quantity oil in pan, fry vegetables for about three minutes, tossing continually. Mix sugar, soya sauce, vinegar and maizena. Add to liquid in chicken casserole. Lastly add vegetables and serve on Tastic rice.

SPICED CHICKEN

Use a 1.2 kg. chicken to serve 6 portions. Chicken is fried in egg and breadcrumbs:

- | | |
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| 2 heaped teaspoons mixed spice. | juice of one lemon. |
| about $\frac{1}{4}$ teaspoon powdered cloves. | 454 gms. pureéd tomatoes. |
| 1 teaspoon ground ginger. | pinch sugar. |
| a few bayleaves and peppercorns. | 1 cup raisins. |
| little whole onions (10-15 onions). | salt and pepper |
| water to cover. | |

Place chicken, seasonings and pureéd tomatoes in a saucepan. Add $\frac{1}{2}$ quantity of lemon; when boiling, taste, and then add remaining lemon. When chicken has simmered for about $\frac{1}{2}$ hour, add onions, and then $\frac{1}{2}$ hour later add raisins. Simmer for another $\frac{1}{2}$ hour. If necessary, add more salt, pepper and sugar to taste and more water (or chicken broth).

CHICKEN WITH ORANGE MUSHROOM SAUCE

Brown 2 onions in a little oil. Place seasoned chicken with a little oil in roasting pan and add browned onions. Add 2 large ripe, skinned tomatoes and $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ teaspoon garlic powder and $\frac{1}{2}$ teaspoon ginger. Cover and cook in oven until tender (190° C.). Remove chicken to warm dish, strain gravy, and add 1 tin mushrooms. Thicken with a little gravy browning.

Serve with Tastic rice and green peas.

CHICKEN TETRAZINA

Boil 2 chickens until tender. Shred when cooked.

Fry in 113 gms. Debra's or cooking fat:—

454 gms. button mushrooms. 1 green pepper.

6 onions (cut up). cut celery.

1 small can pimento in syrup (optional).

1 tin tomato soup.

Fry slowly until soft. Add chicken to this, plus 1 tin tomato soup. Boil Tastic rice or spaghetti. Place on dish and add chicken mixture.

CHICKEN SURPRISE

Cut chicken into sections and brown in $\frac{1}{2}$ cup oil. Place in casserole.

Brown 2 sliced onions, garlic, 2 diced green peppers and 1 diced red pepper: 1 tablespoon parsley, 2 cups tomatoes, 1 tablespoon tomato paste, 1 cup wine, broth or orange juice, bay leaf, pinch sugar. Pour over chicken and cook slowly for 1 hour. Then add 1 tin mushrooms with liquid and allow to simmer for 20 minutes. Serve with Tastic rice, peas and French salad.

CHICKEN PERI PERI

1 baby chicken.

salt, pepper, garlic salt.

1 teaspoon peri peri powder.

juice of 1 large lemon.

$\frac{1}{2}$ cup oil.

cornflour.

Season chicken with salt, pepper and garlic salt. Allow to stand for 1 - 2 hours. Into bowl place juice of lemon, oil and peri peri powder. Brush chicken with the above mixture. Wrap in foil.

Bake chicken in oven 260° C. for 10 - 15 mins. Open tin foil. Brush chicken again with peri peri mixture. Replace in oven in open tin foil. Brush chicken again with peri peri mixture. Replace in oven in open tin foil and bake until crisp and golden, basting continuously. Remove chicken from tin foil.

Add sauce to peri peri mixture left in bowl. Taste and add more peri peri powder or salt if necessary. Heat, and if desired thicken with cornflour, mixed to a paste with little water. If liked sautéed mushrooms may be added to the sauce. Serve with Tastic rice and tossed green salad.

ARROZ CON PAELLA (CHICKEN WITH RICE)

Sauté in oil 3 shallots with one medium onion thinly sliced. In same oil sauté floured and seasoned chicken portions. Brown each piece delicately, turning often to prevent burning.

Slice 3 fresh skinned tomatoes and add to these: 1 cup chicken stock, 1 large bay leaf, 2 tablespoons minced parsley and $\frac{1}{2}$ teaspoon powdered saffron. Simmer chicken in this mixture. Wash $\frac{3}{4}$ cup Tastic rice in several waters and drain. Add rice to chicken and cook till both are tender. Then add 1 or 2 glasses of sherry (sherry glasses).

(Chicken bouillon can be used for stock.).

HOW TO KEEP YOUR JEWELLERY CLEAN

It takes only a matter of minutes to keep jewellery sparkling clean. Here are some cleaning hints.

Costume Jewellery

Stones in costume jewellery are usually pasted in so that putting them in very hot water might dissolve the paste. Soap and lukewarm water is the rule here. An old toothbrush is useful in removing dirt from cracks of elaborate pieces, but beware of loosening the stones.

Diamonds and Precious Gemstones

The beauty of precious stones depends on the freedom of light refraction through the stone. This can be noticeably dimmed if the underside of the gem is not completely clean. Soapsuds can be removed by careful brushing with a small brush dipped in surgical spirit. The backs of the gems and the setting should be most carefully cleaned with this, followed by careful washing of the jewels in hot water. Dry the jewels carefully with a soft dry cloth. Never under any circumstances, should an attempt be made to clean the setting by prodding at it with a pointed implement. It is a sure way of loosening or even damaging the stone and its setting.

Emeralds

These gemstones can be chipped or become scratched if knocked against another hard surface and they need just a little more care and attention than the other gems.

Gold Jewellery

Gold jewellery needs a wash in warm, soapy lather, dried on a soft cloth and polished off with a chamois leather.

Marcasite

This should not be washed. All that is needed is to rub it with a soft brush and finish off with a gentle polishing with the chamois leather.

Pearls

Pearls should not be washed as the surface is absorbent. Any film that clings to pearls should be removed by wiping over gently with a chamois leather. It is most important to keep pearls away from scent and to keep them in a box on their own.

Silver Jewellery

If badly tarnished it can be dipped in a silver-dip solution, left for about ten seconds, rinsed in hot water and then dried with the specially impregnated cloth which accompanies the solution. If untarnished but dulled, just clean as for gold jewellery.

MISCELLANEOUS

To shift stubborn screw tops from bottles — use a nut cracker to grip and turn them.

Pull velvet ribbons backwards and forwards on their wrong side over a warm tilted iron. This will raise pile.

Brush your hair with an old nylon stocking pulled over the bristles. This will give an extra polish to the hair, especially when a shampoo is overdue.

When knitting with two balls of wool, slip a fairly large bead over the end of each ball before beginning to knit. This helps to prevent the strands from getting entangled.

A disc of foam rubber placed on the bottom of the tin before potting plants will prevent the soil from running out, while in no way hampering the drainage of the plant.

When washing raffia handbags, use sugar in washing and rinsing water.

BEETROOT STAINS

Mix together strained juice of $\frac{1}{2}$ lemon,
1 tablespoon cold water, $\frac{3}{4}$ tablespoon ammonia.

Wet stains, using clean rag dipped in liquid. When stained material is half dry dip rag into liquid and repeat process.

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Treats

STUFFED PEPPERS

Scald and remove seeds from peppers (cut off bottom and leave as big as possible). Mince meat and add chopped onions, salt and pepper, ginger and paprika. Add 1 thick slice bread (crusts off) soaked in water, parsley and 1 or 2 eggs. Mix well and stuff pepper. Stand in ovenware dish.

Make gravy:—

Fry onions in Debra's fat until golden and add skinned tomatoes, pinch sugar, salt and pepper, paprika and a little water. Pour on top of stuffed peppers and allow to cook in oven 175-190° C. for 2 hours. Keep adding liquid if necessary.

TOMAT ALLA TURCA (Stuffed Tomatoes)

6 medium tomatoes.
3 green peppers.

1 egg plant (optional).
2 large potatoes.

Meat mixture:

227 gms. minced steak.
1 teacup Tastic rice.
1 teaspoon salt, pepper.

1 tablespoon chopped parsley.
1 tablespoon olive oil.
2 cloves garlic, cut up.

Cut the tops off the tomatoes and green peppers, remove seeds and half fill with meat mixture. Cut potatoes and egg plant into small pieces and place them in a saucepan. Place the stuffed tomatoes and green peppers on top and add 2 tablespoons oil, salt to taste and 1 glass tomato juice. Cook at medium heat for 1 hour, adding a little water as required. Place in 175° C. oven for half an hour.

EGG PLANT DOLMAS

454 gms minced beef.
1 chopped onion.
1 tablespoon chopped parsley.
6 medium sized egg plants
(the long thin type).

1 skinned and chopped tomato.
1 egg.
1 tablespoon olive oil.
1 heaped tablespoon Tastic rice.

Peel the egg plant, cut a slice from it and scoop out the pulp leaving a shell 0.63 cm. thick. Combine the rest of the ingredients, season well and fill the egg plants with the mixture. Arrange the egg plants in shallow pot, pour 1 cup of water, 1 cup of tomato juice and 2 tablespoons of oil over them and cook over medium-low heat until done, adding water, a little at a time if necessary.

CHILE CON CARNE

908 gms. minced topside. 1 large onion.
1 tin tomato soup. 1 tin baked beans.
 $\frac{1}{2}$ teaspoon cayenne pepper *OR* 1 tablespoon chile sauce.
1 clove garlic or good sprinkling garlic salt.

Fry onions until tender. Add mince and fry until brown. Add all the other ingredients and simmer until meat is tender. Serve with Tastic rice or spaghetti.

POTATO PUDDING WITH MINCE

454 gms. mince meat. pepper.
8 large potatoes. 2 eggs.
1 onion. 1 tablespoon flour.
salt. Debra's Schmalz.

Chop small onion finely and fry in 3 tablespoons oil until light brown. Add seasoned mince and allow to brown. Cover pan and stew for about 15 minutes. Thicken with a little flour. Grate potatoes and onion, add eggs, salt, pepper, flour, and a little Schmalz. Grease an ovenware dish. Put alternate layers of meat mixture and potato mixture finishing with potato mixture. Bake in moderate oven for $1\frac{1}{2}$ hours.

BARBECUE HAMBURGERS ON NOODLES

454 gms. fat-free mince, $\frac{1}{2}$ cup flour, 1 thick slice bread, $\frac{1}{2}$ cup oil, 1 egg, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 cup barbecue sauce, 227 gms. cooked noodles.

Remove crust from bread and soak in 1 cup boiling water for 5 minutes. Drain and squeeze out as much water as possible, mix in mince, salt, pepper and beaten egg. Form into 6 flat cakes and roll in flour. Heat the oil in a heavy pan and fry the hamburgers till brown on both sides. Drain thoroughly. Cook the noodles and pour into an ovenware dish. Place hamburgers on top. Pour over the barbecue sauce. Serve hot.

Barbecue sauce:

$\frac{1}{2}$ cup finely chopped onion, 1 tablespoon tomato paste, 1 tablespoon sugar, $\frac{1}{4}$ cup vinegar, $\frac{3}{4}$ cup boiling water, 1 teaspoon brown table sauce, 1 teaspoon prepared mustard, garlic salt (optional).

Fry the onion in the oil in which the hamburgers have been fried. When onion is golden brown stir in the rest of the ingredients and boil together till well blended.

SPAGHETTI BOLOGNAISE

454 gms. minced stewing steak.	$\frac{1}{2}$ cup boiling water.
1 chopped onion.	$\frac{1}{4}$ teaspoon oregano.
1 crushed clove of garlic.	$\frac{1}{4}$ teaspoon basil.
3 tablespoon chopped parsley.	$\frac{1}{2}$ teaspoon salt.
3 diced carrots.	dash pepper.
1 large tin tomato pureé.	$\frac{1}{2}$ teaspoon sugar.
$\frac{1}{2}$ cup tomato sauce.	3 tablespoons oil.
227 gms. spaghetti.	

Heat oil in casserole or heavy frying pan with lid. Sauté onion, garlic, parsley and carrots until wilted. Add steak; allow to brown. Add tomato pureé, tomato sauce and boiling water. Stir and bring to boil; when boiling add all spices and allow to simmer, covered, for 1 hour. Place spaghetti in boiling water to which 2 teaspoons salt have been added. Boil from 20 - 30 minutes; drain. Serve with Bolognese sauce.

N.B. — Slow cooking is the art of Bolognese.

LASAGNE

Tomato Sauce:

1 large onion — 2-3 garlic cloves — 6 sprigs parsley — $\frac{1}{4}$ cup oil — $3\frac{1}{2}$ cups peeled tomatoes — 1 small tomato paste — 2 bay leaves — 1 teaspoon salt — $\frac{1}{4}$ teaspoon pepper — $\frac{1}{2}$ cup water. Mix well. Toss in 454 gms. minced beef. Cover and simmer for 45 minutes.

Bechamel Sauce:

Cook 1 finely chopped onion in 4 tablespoons margarine. Add 3 tablespoons flour and a dash of salt. Stir in slowly 2 cups chicken broth, cooking over low heat until sauce is thick. Add 2 slightly beaten egg yolks. Cook 10 minutes more.

In large greased baking dish place layers of *green Noodles* tomato sauce and Bechamel sauce, ending with the pasta. Bake 20 minutes — 165° C. oven.

Cooking Pasta:

To every 454 gms. of pasta, 5,7 litres water and 2 dessertspoons salt and 2 teaspoons oil. Boil 15 minutes. Add cold water to stop boiling. This process removes starch.

SWEET AND SOUR CHINESE MEAT BALLS

454 gms. ground beef.	4 tablespoons oil.
salt and pepper to taste.	$\frac{1}{2}$ cup cold water.
$\frac{1}{4}$ cup sliced, water chestnuts.	flour.

Mix beef, salt, pepper and water chestnuts and cold water and mix thoroughly. Form into little balls. Roll lightly in flour. Heat oil and brown meat balls.

Sauce:

$\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup brown vinegar, 1 tablespoon soya sauce, 1 chopped green pepper, 1 chopped red pepper, 1 small can pineapple chunks. Add juice of tin. Combine all ingredients and cook until hot. This must be thickened with 1 teaspoon cornstarch.

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FRIED BRAINS

2 sets brains — soak brains in cold water and skin them. Boil water and add $\frac{1}{2}$ teaspoon salt. Add cleaned brains and cook for about 5 minutes. Drain and cut into slices. Dip in flour and egg and fry. Serve either plain fried with salads or these pieces can be stewed as follows:—

GRAVY: $\frac{1}{2}$ cup tomato pureé (not concentrated), 1 tablespoon olive oil, 1 cup water, pinch salt and 1 teaspoon lemon juice.

Bring all to the boil and place brains in the sauce to cook for a few minutes.

AMERICAN CASSEROLE

- | | |
|---|-------------------------------------|
| 2 tablespoons oil. | 1 egg, beaten. |
| $\frac{1}{4}$ cup finely chopped onion. | 1 small tin mushrooms, sliced. |
| 454 gms. best steak mince. | $\frac{1}{2}$ cup seedless raisins. |
| 2 tablespoons cooked Tastic rice. | water. |
| $1\frac{1}{2}$ teaspoons salt. | 1 tablespoon gravy powder. |
| $\frac{1}{8}$ teaspoon pepper. | 1 small jar stuffed olives cut in |
| 1 large tin sweetcorn (the plain
mealies, not the creamed
variety). | in half. |

Heat oil in large pan. Add onion and cook until tender. Meanwhile combine meat, rice, $1\frac{1}{2}$ teaspoons salt, pepper and egg. Mix lightly and form into 16 balls. Drain mushrooms and sweetcorn, reserving liquids. Place meat balls, sliced mushrooms, sweetcorn, raisins and olives in pan. Combine vegetable liquids with water to make one cup. Combine with gravy powder and pour this over the mixture in the pan. Mix well, cover and simmer for 20 minutes. Makes 5 to 6 servings.

SPANISH RICE WITH MEAT SAUCE

- | | |
|---------------------|--------------------------|
| 1 cup Tastic rice. | 3 tablespoons olive oil. |
| 1 teaspoon salt. | 2 teacups water. |
| saffron (optional). | |

Wash rice well and soak in hot water. Warm oil in pan, add rice and salt, stirring for a few minutes. When glazed add water. Cook over low heat until all water is absorbed.

Sauce:

Fry 2 chopped onions in 3 tablespoons oil. Add 4 fresh chopped tomatoes (or 4 tablespoons pureé), 454 gms. mince meat, 2 grated carrots, oregano or sweet basil (optional), $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar. Add water, a little at a time and cook about 1 hour.

(If a hotter sauce is wanted, add a few drops of tabasco and a couple of thinly sliced green peppers. Mushrooms can also be added. Chicken can be used instead of meat).

OXTAIL STEW

Cut oxtail into pieces, remove excess fat, salt and pepper well and place in heavy pot with a little oil. Fry on hot stove with lid off. Sprinkle with one teaspoon of ground ginger and allow each piece to brown well. When brown, add 2 sliced onions and stir till onions brown slightly, then add 5 large, ripe tomatoes, which have been peeled and mashed, 4 tablespoons of tomato sauce and 1 cup of white kidney beans. Cover completely with water, reduce heat and simmer with lid on for 7 to 8 hours. A little more water may be added after 4 hours but gravy must be thick when ready to serve.

LENTIL STEW

4 tablespoons olive oil.	2 large onions.
2 cups lentils.	454 gms. shin of veal or beef.
1 cup strained tomatoes.	3 cups water.
salt and pepper to taste.	

Clean and soak lentils in boiling water. Heat oil in saucepan and simmer sliced onions. Add meat, lentils, strained tomatoes, salt, pepper and water and let cook on medium stove until lentils are nearly cooked. Simmer, adding water as required. This stew must be served with plenty of its own gravy.

SCOTCH FILLET IN BLANKET

Pot roast Scotch fillet until tender. Remove from pan. Wrap in thin layer of puff pastry (see Quick Mix Pastry). Score with fork. Replace in pan and bake, basting with fat until pastry is brown and crispy. Add 1 cup black olives to gravy in pan and serve with meat. When sliced each slice of meat will have a blanket of pastry.

CHINESE PEPPERED BEEF

454 gms. tenderised beef.	1 red pepper.
½ cup chopped onion.	1 cup beef stock.
salt.	2 tablespoons cornflour.
pepper.	2 tablespoons sherry.
4 tablespoons oil.	3 small tomatoes.
1 green pepper.	2 tablespoons soya sauce.

Cut beef into narrow strips against the grain. Fry in hot oil with onions till brown. Add seasonings, then stock and chopped peppers. Simmer for 10 minutes with lid on. Add skinned chopped tomatoes and cook until tender. Just before serving, mix cornflour, soya sauce and sherry, and add to the pot, stirring all the time until sauce has thickened.

BEEF SCALOPPINE

¼ cup flour.	4 tablespoons Purene (113 gms.).
1 teaspoon salt.	1 clove garlic.
pinch pepper.	1 bay leaf.
1 teaspoon paprika.	1 cup red wine.
908 gms. beef.	1 cup sliced olives.
1 beef bouillon cube dissolved in boiling water.	

Cut beef in thin cubes and flatten by pounding with meat mallet. Combine flour, salt, pepper and paprika, and coat pieces of beef with it. Heat Purene in heavy skillet and brown meat over medium heat. Add garlic stuck on a toothpick, bay leaf, wine, olives and bouillon cube. Cover, bring to boil, reduce heat and simmer for 30 minutes, stirring occasionally. Remove garlic and bay leaf before serving. Serve on Tastic rice.

STEAK PIE

454 gms. stewing steak.	1 tablespoon vegetable fat.
1 tablespoon flour.	$\frac{1}{4}$ teaspoon mixed spice.
1 $\frac{1}{4}$ teaspoons salt.	$\frac{1}{8}$ teaspoon cloves (ground).
$\frac{1}{8}$ teaspoon pepper.	1 cup cold water.
2 medium chopped onions.	2 medium diced carrots.

Cut meat into small pieces. Mix flour, salt and pepper and roll meat in mixture. Brown onion in fat, then add floured meat and brown slightly. Add spices and carrots and pour water over it. Simmer till soft.

Roll Quick Mix pastry to 0.31 cms. thick. Cut piece to cover pie dish leaving 2.54 cms. for shrinkage. Brush sides of pie dish with water and line around top with pastry strips. Fill dish with cooked meat and cover with pastry first brushing pastry lining with water. Flute edges, brush with beaten egg and cut slits to allow steam to escape. Bake 230° C. for 20 minutes. (See Pastry Section for Quick Mix Pastry.)

BARBECUED RIBS POLENTE

Brown approximately 1,8 kg. mutton ribbetjies in oil. Place in casserole and add $\frac{1}{2}$ cup vinegar, 2 teaspoons dry mustard, $\frac{1}{2}$ cup tomato sauce, 1 tablespoon Worcester sauce, 1 tablespoon brown sugar, 12 small onions. Braise 2 hours. Serve with stiff mealie-pap.

POT ROAST

1,4 kg. chuck, rib or aitch bone.	1 chopped onion.
Debra's Schmalz.	$\frac{1}{4}$ teaspoon ginger.
salt.	$\frac{1}{4}$ teaspoon paprika.
pepper.	$\frac{1}{4}$ cup red wine.
1 tablespoon parsley.	$\frac{1}{4}$ cup stock.

Brown meat and onion in hot fat. Add remaining ingredients and simmer until tender. Thicken gravy with flour.

STEAK ROLL-UPS

4 slices of top round steak.	bread crumbs.
large onion sliced.	a little jam.
$\frac{1}{2}$ cup water.	Worcester sauce.
small can tomato soup.	salt and pepper.
2 tablespoons chopped sweet pickle.	

Pound steak till flat and season with salt and pepper. Brown sliced onions in Debra's fat. Mix drained onions, pickles, jam and bread crumbs. Place a spoonful of mixture in centre of each slice of steak. Roll steak and secure ends with toothpicks. Brown roll-ups in Debra's fat. Add tomato sauce, Worcester sauce and a little brown gravy. Bake in ovenware dish. (Alternately steak may be stuffed with boerewors which has been removed from skin.)

DUMPLING

Beat 1 egg and small cup water. Add 1 tablespoon Debra's fat, pinch salt, $\frac{1}{2}$ teaspoon sugar, 1 teaspoon baking powder, flour to make a soft dough. Pour on top of stew and cook until ready.

SIMPLE SWISS SUPPER

1.4 kg. steak 2.5 centimeters thick.	3 tablespoons oil.
$\frac{3}{4}$ cup flour.	$1\frac{1}{2}$ cups beer.
2 teaspoon salt.	2 tablespoons tomato paste.
$\frac{1}{2}$ teaspoon pepper.	1 bay leaf.
pinch monosodium glutamate.	1 clove.
pinch sugar.	6 potatoes, peeled and halved.
$\frac{1}{4}$ teaspoon garlic powder.	1 cup fresh garden peas.
12 small white onions.	340 gms. prunes soaked overnight.
113 gms. cultivated mushrooms (sliced).	

Cut the steak into 6 or 8 serving size pieces. Season flour with salt, pepper, monosodium glutamate, sugar and garlic powder. Pound it into the steak, both sides, with a mallet or knife. Sauté the onions and mushrooms and set aside. Brown the steak on both sides in oil. Add the beer, tomato paste, bay leaf and clove. Cover and cook over low heat for an hour. Add the potatoes, onions, peas, soaked prunes, mushrooms and cook for a further 25 minutes or until vegetables are tender. Taste for seasoning, discard bay leaf. Serve with chilled beer. Serves 6 to 8.

MONKEY GLAND STEAK

454 gms. steak.	1 tablespoon sweet wine.
3 medium-sized onions.	1 tablespoon chutney.
2 tablespoons Worcester sauce.	salt and pepper.
2 tablespoons tomato sauce.	$\frac{1}{2}$ teaspoon mixed spice.
2 tablespoons vinegar.	vegetable fat or oil.

Chop onions coarsely and fry till light brown. Add rest of ingredients and simmer, stirring continually. Cut steak into serving slices and beat well, season with salt and pepper. Place on top of onion mixture and fry on both sides. Serve at once.

LIVER CREOLE

3 tablespoons Debra's schmatz.	$2\frac{1}{2}$ cups cut-up tomatoes.
454 gms. liver.	1 bay leaf, 6 peppercorns.
seasoned flour.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons chopped green pepper.	2 tablespoons chopped onion.

Coat liver in seasoned flour. Heat fat in heavy pan and brown liver. Add remaining ingredients, cover and simmer slowly for 15 minutes. Uncover and continue cooking further 15 minutes or until liver is tender and sauce thickened.

LAMB CHOPS WITH PARSLEY

Season chops with salt and pepper. Dip first in flour then in beaten egg, fry until golden brown. Place in saucepan, add cut-up parsley, 1 tablespoon oil from frying pan, water to cover. Simmer for 1 hour or until half the water has boiled away. Add lemon juice to taste. Serve with Tastic rice. If liked grated tomatoes can be substituted for water.

LAMB AND BRANDY CASSEROLE

1,4 kg. shoulder of lamb.	1 bouillon cube.
3 tablespoons oil.	1 tablespoon tomato pureé.
2 tablespoons brandy.	140 mls. sherry.
2 large onions, sliced.	salt.
1 small tin green beans.	pepper.
3 tablespoons flour.	2 large tomatoes, sliced.
1 large tin mushrooms, or	
227 gms. fresh, sliced mushrooms.	

Cut the lamb into cubes. Heat 2 tablespoons oil in a heavy frying pan. Brown the meat and when brown, pour the warmed brandy over and light. In another pan heat the other tablespoon of oil and sauté the sliced onions. Add the drained, sliced mushrooms and beans. Cook for a few minutes. Remove vegetables to a dish and keep hot. Dissolve the bouillon cube in $\frac{3}{4}$ cup hot water make paste of flour with a little of the bouillon mixture. Place in pan and add the remainder of the bouillon mixture and the tomato pureé. Stir in the sherry gradually and bring the sauce to the boil. Place the lamb and vegetables in a casserole and cover with the sauce. Season with salt and pepper to taste. Place in 175° C. oven, and allow to cook for 1½ hours. Cover the top of the casserole with the sliced tomatoes 15 minutes before the cooking time has expired.

LAMB PILAFF

In a saucepan sauté in oil, 454 gms. boned shoulder of lamb, cut in 2,54 cm. cubes, and 2 chopped onions, until meat is brown and onions are golden. Add $\frac{1}{2}$ cup Tastic rice and cook, stirring until coated with oil. Add 2 cups beef stock, 1 teaspoon oregano, and salt and pepper to taste. Cover the pot and cook mixture slowly for about 40 minutes, or until meat is tender and the rice fluffy. Combine 1 teaspoon tomato paste with a little hot water and add it to the pot. Stir in $\frac{1}{2}$ cup plumped seedless raisins (i.e. raisins soaked in boiled water for 5 minutes).

SOSATIES

About 1.8 kg. raw cubed mutton.	6 peppercorns.
4 large onions.	1 bay leaf.
6 orange leaves.	6 whole cloves.
$\frac{1}{2}$ teaspoon garlic powder.	1 tablespoon curry powder.
1 teaspoon cayenne pepper.	1 tablespoon sugar.
1 cup vinegar.	1 teaspoon salt.
3 cups water.	$\frac{1}{2}$ teaspoon pepper.
4 whole allspice.	

Sprinkle meat with salt, pepper and garlic. Place in dish with orange leaves. Cut onion into small pieces and fry in oil till golden brown. Mix curry, sugar, water and vinegar. Add rest of ingredients and pour over meat. Leave to stand for 6 - 7 days turning every day. Skewer meat on sticks (ask your butcher for sticks), alternating lean with fat meat. Grill over open fire.

REAL INDIAN CURRY

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| 908 gms. lean mutton. | 1 large onion. |
| 4 tablespoons good cooking oil. | 3 medium ripe tomatoes. |
| lemon juice. | 1 teaspoon ground ginger. |
| 1 teaspoon thyme. | 1½ teaspoons salt. |
| 12 chillie leaves (optional). | dunya leaves (optional). |
| 3 level teaspoons strong curry powder. | |
| 1 clove garlic or ½ teaspoon garlic powder. | |
| 5 cms. cinnamon bark or 1 teaspoon cinnamon. | |
| 4 whole cloves or ½ teaspoon ground cloves. | |

Put oil in pot, add ginger, garlic, onions, and curry powder and cook till onions are golden brown. Cut tomatoes up small and mix with cloves, cinnamon, thyme and crushed chillie leaves. Add to onion and boil together, stirring for 5 minutes. Add $\frac{3}{4}$ cup water mixed with juice of 1 lemon. Allow to simmer for 5 minutes, then add meat and salt and simmer till tender. 15 minutes before serving, sprinkle dunya leaves on top of curry. Serve with Tastic rice and a few of the following:— Chutney, chopped pickles, diced celery, seedless raisins, chopped hard-boiled eggs, chopped nuts, pineapple chunks, sliced bananas, desiccated coconut, onion and tomato salad.

VEAL MODESTINA

Beat 908 gms. thinly sliced schnitzels. Dip into seasoned flour, then into beaten egg and then into breadcrumbs, and fry. Chop up a handful of parsley and add to it ½ a bottle chopped capers. Fry parsley and capers in hot oil, add 1 cup dry white wine and 2 crushed garlic cloves. Add 6 skinned and sieved tomatoes. Simmer slowly; pour over veal and place in 175° C. oven for about ½ hour.

VEAL BARCELONA

- | | |
|------------------------|--|
| 1 large tin mushrooms. | 4 tomatoes, skinned and diced. |
| 1 diced onion. | 908 g. veal schnitzels. |
| 4 tablespoons oil. | 60 g. slab bitter chocolate. |
| pinch saffron. | 1 tablespoon boiling water. |
| 1 teaspoon salt. | $\frac{3}{4}$ cup white wine. |
| dash pepper. | $\frac{1}{4}$ cup blanched, chopped almonds. |

Pound veal with a heavy mallet. Heat 2 tablespoons oil and sauté veal until golden brown. Remove to an ovenproof dish. Heat the remaining 2 tablespoons of oil and sauté the onion for a few minutes. Add the tomatoes and simmer for 2 minutes. In a bowl combine the finely grated chocolate, chopped almonds, and saffron with the boiling water. Add to the onion and tomato mixture. Mix well. Pour sauce over the veal and add the wine. Sprinkle with salt and pepper, cover, and simmer for 15 minutes over a medium heat. Garnish with parsley. (The bitter chocolate imparts a delicious wine flavour to this dish.)

VEAL MARENGO

In a heavy pot brown 1,4 kg. lean veal, cut in cubes, in 3 tablespoons oil. Add 1 onion, finely chopped, and $\frac{1}{2}$ cup tomato pureé, and cook the mixture for 2 minutes. Stir in 1 tablespoon potato flour and add gradually 2 cups chicken stock and 1 cup white wine. Add 1 garlic clove, 2 bay leaves, $\frac{1}{4}$ teaspoon thyme, and salt and pepper to taste. Cover the pot and simmer the meat slowly for one hour. Sauté 12 small white onions in a little oil, sprinkle them with 1 tablespoon sugar, and cook them until they are browned and glazed. Sauté 113 gms. mushrooms in a little oil for 3 or 4 minutes. Peel and seed 3 tomatoes and cut into sections. Add the onions, mushrooms and tomatoes to the pot and cook for about 30 minutes, or until the meat is tender. Serve, sprinkled with chopped parsley, with Tastic rice.

PICKLED TONGUE SAUCE

juice of 3 oranges.	1 tablespoon Worcester sauce.
1 glass sherry.	1 tablespoon chutney.
1 tablespoon guava or apple sauce.	

Cook sauce slightly and add to softened tongue. Simmer for a while.

PIQUANT SAUCE FOR TONGUE

2 tablespoons prepared mustard.	$\frac{2}{3}$ cup tomato sauce.
6 tablespoons brown vinegar.	$\frac{3}{4}$ cup brown sugar.
8 tablespoons liquid from tongue.	

Stud boiled tongue with whole cloves. Bake in a 150° C. oven for 1 hour, basting with sauce.

DEVILLED TONGUE

1.8 kg. tongue (pickled).	2 cups stock from tongue.
2 onions.	1 lemon, skinned and sliced.
2 tablespoons syrup.	$\frac{1}{2}$ handful raisins.
1 tablespoon Debra's chicken fat.	227 g. dried apricots.
$\frac{1}{4}$ cup tomato sauce.	5 bay leaves.
garlic.	5 allspice.

Boil tongue, throw off first water, refill pot and boil till soft. Fry onions until golden brown. Add all the other ingredients and bring to boil. Boil for 20 minutes. Add 1 tablespoon sugar. Pour this mixture over sliced tongue. Serve on a bed of Tastic rice.

TONGUE IN MADRID SAUCE

2 fresh tongues boiled with 2 teaspoons sugar, water, carrots, onions, bay leaves and peppercorns. When cooked, peel and slice thinly. Put into casserole with the following ingredients and allow to cook for 1 hour in 175° C. oven.

2 thinly sliced lemons.	1 $\frac{1}{2}$ cups brown sugar.
2 cups sultanas.	18 cloves.
$\frac{3}{4}$ cup vinegar.	2 tins cherries and juice.
1 large tin pineapple chunks and juice.	

Decorate with pineapple rings and maraschino cherries.

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CREAM PUFF DESSERT

1 cup of boiling water.
1 cup of flour.
salt.

113 gms. butter.
4 eggs.

Boil water and butter. Add flour and eggs one at a time. Boil well. Take a large greased pan. In the centre place a ball of greased brown paper. Spoon the pastry around paper. Bake 175° C. oven for 50 minutes. Switch off oven and leave for further 15 minutes. Cut in half when cool and hollow out. Fill with cream or Orley whip and fruit. Warm golden syrup and glaze top of puff.

PANFORTE DI SIENA DESSERT

113 gms shelled hazelnuts.	$\frac{1}{4}$ teaspoon allspice.
113 gms. shelled toasted almonds.	$1\frac{1}{2}$ teaspoons cinnamon.
113 gms. finely diced candied melon.	$\frac{1}{2}$ teaspoon vanilla.
$\frac{1}{4}$ cup finely cut citron.	$\frac{1}{2}$ cup honey.
$\frac{1}{2}$ cup flour.	$\frac{1}{2}$ cup sugar.
$\frac{1}{4}$ cup cocoa.	2 tablespoons icing sugar.
113 gms. chopped candied orange peel.	

Combine nuts, fruits, flour, cocoa, allspice, cinnamon and vanilla in a large bowl. Set aside. Mix honey and sugar in a saucepan and cook over low heat for 10 minutes, stirring constantly with a wooden spoon. Remove from heat and add nut mixture until thoroughly blended. Pour into a greased and floured 22.5 centimeters pie dish. Bake in 165° C. oven for half an hour. Remove from oven and sprinkle with icing sugar and a little more cinnamon. Return to oven for 2 minutes. Cool and cut into wedges. Serve with cream or Orley whip.

GINGER BISCUIT PUDDING

Boil tin of condensed milk for 3 hours till caramelized (boil in tin). Dip ginger biscuits into mixture of milk combined with sherry. (Do not let get soggy.)

Line a dish with a layer of biscuits, then a layer of caramelized condensed milk, topped with preserved cut ginger, chopped nuts, small marshmallows. Continue with layers until all ingredients are used up. Cover with whipped cream. Decorate. Refrigerate for 4 hours.

The following recipes have been voted top favourites by the children of the Rose Kirschner Nursery School, Benoni, and are recommended for young children as they are simple and nutritious.

SHERBERT PUDDING

juice of 6 lemons. 6 tablespoons cornflour.
4 cups of water. 4 cups sugar.
2 egg whites beaten very stiffly.

Bring lemon juice and water to boil, add sugar then add corn-flour paste. Stir till it thickens. Leave to cool before adding beaten egg white. Colouring can be added. Leave in fridge to set.

APRICOT WHIP

1 tin canned apricots. 2 egg whites.

Put apricots in a colander to drain the juice, mash apricots finely and add beaten egg whites. Beat well, put into fridge to cool. Apricot juice is given to children to drink.

Please note: Guavas or peaches can be used as a change.

BAKED APPLES

An apple for each person — raisins — sugar.

Wash and core the apples. Place cored apples in a pan, add raisins and sugar. Bake in moderate oven until cooked. Dates can be used in place of raisins — honey instead of sugar.

PINK APPLES OR APPLE SNOW

6 apples. colouring.
2 egg whites. $\frac{1}{2}$ cup sugar.

Peel and slice apples. Cook till tender. Add sugar and colouring. When cool add beaten egg whites. Place in fridge to set.

ORANGE MOULD

2 cups water. 6 teaspoons cornflour.
2 cups orange juice. 6 tablespoons sugar.
3 egg whites.

Boil orange juice, water and sugar, blend cornflour with a little water, add to boiling mixture. Fold in beaten egg whites. Pour into mould to set.

SWEET MELON AND ORANGE SALAD

Diced sweet-melon, sugar to taste, orange juice. Place in fridge to cool.

PRUNE WHIP

Dried prunes. sugar to taste.
water.

Wash prunes add water. Boil till tender. Add sugar. Boil little longer. When cool remove stones from prunes. Serve prunes with little stiffly beaten egg white to decorate.

BANANA MUSHROOMS

Bananas (as many as will be required per family). Plain meringues.

Cut bananas in half. Place one half per person into sweet dish (standing banana up). Place meringue on top to form mushroom. Sprinkle chopped parsley into sweet dish as decoration for grass — or green coconut.

SPONGE CAKE AND FRUIT

sponge cake.

sliced canned peaches.

Use as much cake as required for family. Open canned fruit. Strain juice into separate container. Place small piece of cake in sweet dish, add few pieces sliced peaches and juice onto sponge cake. Serve.

GRANADILLA CREAM

Mix 2 level tablespoons cornflour and $\frac{3}{4}$ of a cup sugar. Stir this into 1 cup heated water. Add pulp of 12 granadillas to first mixture. Stir over slow heat until mixture thickens (takes only a few minutes). Beat 2 egg whites stiffly. Strain granadilla mixture and fold into egg whites. Pour into wetted mould. Freeze.

FRUIT SALAD

Dice pawpaw. Add sliced bananas and guavas, sugar to taste and orange juice.



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ABOUT "ORLEY WHIP"

AS RECOMMENDED IN THESE RECIPES

Orley Whip is a vegetable oil product which can either be used by itself, as a delicious topping, or as an additive to fresh cream.

Used on its own, Orley Whip Instant Topping whips up to the equivalent of three times its volume and it is a most nutritious and tasty addition to all types of confections.

It does not go sour, keeps well and has a pleasant flavour. For best results, blend sugar into the Whip whilst beating. In addition, almost any type of flavouring, including lemon juice, may be added to give variety. It will not curdle and, volume for volume, contains less oils than other products. Orley Whip does not contain animal fats.

The Beth Din has stated that Orley Whip Instant Topping, used on its own, complies with the Jewish dietary regulations and is Kosher and Parava.

At all times Orley Whip should be kept in a refrigerator at between 22 deg. and 24 deg. C. It should not be frozen, nor should it be used on piping hot foods, as in both instances it will lose its characteristics. Always keep a pack in your refrigerator, but remember that the fresher Orley Whip is, the nicer it tastes.

Orley Whip is available throughout the Republic and is stocked by your grocer or café.

ORLEY SHERBET (ICE CREAM)

- | | |
|---------------------|-------------------------|
| ½ pkt. ORLEY WHIP. | 4 tbs. condensed milk. |
| 4 eggs separated. | 1 tsp. vanilla essence. |
| ½ cup castor sugar. | pinch of salt. |

Method: Beat egg yolks and castor sugar together until light and spongy. Add condensed milk, salt and essence. Mix well. Beat ORLEY WHIP and add egg mixture. Fold stiffly beaten egg whites into mixture and pour into ice trays and allow to freeze.

ORLEY GRANADILLA SPONGE

- | | |
|-----------------------------------|------------------------|
| 1 pkt. lemon or granadilla jelly. | 1 tin granadilla pulp. |
| 1 cup boiling water. | ½ pkt. ORLEY WHIP. |
| 1 cup cold water. | |

Method: Dissolve jelly in water. When cool add granadilla pulp and well-whipped ORLEY WHIP. Mix well. Pour into mould and allow to set.

KOSHER ICE CREAM

290 mls ORLEY WHIP, ½ cup castor sugar, 4 eggs separated.

Method: Beat egg yolks with sugar. Beat egg whites until still. Beat ORLEY WHIP until thick. Add flavouring. Mix all ingredients together and put into trays to freeze.

ORLEY WHIP FRIDGE CAKE

290 mls. ORLEY WHIP. $\frac{1}{2}$ cup or tin granadilla pulp.
2 pkts. tennis biscuits. $\frac{1}{2}$ cup icing or castor sugar.
1 pkt. lemon jelly.

Method: Dissolve jelly and sugar in 1 cup boiling water. Allow to cool. Add granadilla pulp. Add well-beaten ORLEY WHIP to jelly mixture and mix well.

Line pyrex dish with whole tennis biscuits. Pour some of mixture over the biscuits, put another layer of biscuits and then some more mixture. Continue in this way until all the mixture has been used. Crumb a few biscuits and sprinkle over top. Put in fridge and allow to harden.

GATEAU ORLEY

290 mls ORLEY WHIP. 28 gms. flaked walnuts or
1 layer cake in half. pecan nuts.
60 g dark chocolate. 4 tbs. sherry.
57 gms. mixed crystallized fruit. 85 gms. castor sugar.

Method: Sprinkle 2 tbs. sherry over half of cake. Add 42 gms. castor sugar to well-beaten ORLEY WHIP. Whip well together. Add another 2 tbs. sherry and whip again. Add fruit and nuts. Mix well. Put in fridge to set. Melt chocolate over warm water and allow to cool. Whip remainder of ORLEY WHIP and add to melted chocolate. Blend thoroughly. Spread over cake. Cut remaining layer into segments. Arrange on cake and sprinkle with flaked nuts. Leave in fridge until served.

ORLEY TRIFLE

$\frac{1}{2}$ pkt. ORLEY WHIP. 1 tsp. vanilla essence.
12 small meringues. 425 gms. tin canned strawberries/
2 pkts. Boudoir (finger) raspberries/pineapples.
biscuits. $\frac{1}{2}$ cup sherry (optional).

Method: Slice meringues in quarters. Pour fruit into sieve allowing syrup to drain off. Mix well-whipped ORLEY WHIP with fruit. Line flat dish with biscuits. Pour some of syrup (sherry) over biscuits. Fold meringues in ORLEY WHIP and fruit mixture until well covered. Spread this mixture over biscuits. Continue stacking layers of biscuits with syrup (sherry) and mixture alternatively, finishing as top layer. Decorate with whipped ORLEY WHIP, cherries and angelica.

ORLEY FILLED HONEY-CONE

1 cup sieved flour. $\frac{1}{2}$ cup butter or margarine.
 $\frac{1}{2}$ cup sugar. 1 tsp. cinnamon.
 $\frac{1}{2}$ tsp. fine ginger. $\frac{1}{2}$ cup honey.

Method: Sieve flour, sugar, ginger and cinnamon together. Heat honey to almost boiling point. Stir butter into honey and add flour mixture. Mix thoroughly. Allow $\frac{1}{2}$ teaspoon batter to drop on buttered platter about 5 cms. apart. Bake in oven of 150° C. for 15-18 minutes.

Take out of oven and allow to cool for 2 minutes. Lift each waffle out carefully with help of spatula. Wind quickly round handle of wooden spoon making a cone. Allow to cool. Fill cones with stiffly beaten ORLEY WHIP just before serving.

BAKED ORANGE FLUFF

4 eggs, separated
1 cup sugar.
whipped cream or Orley whip (optional).

$\frac{1}{2}$ cup orange juice.
1 tablespoon grated orange rind.

Beat egg yolks until light. Add sugar slowly, beating constantly. Add orange juice and rind. Mix well. Beat egg whites stiffly, and fold into mixture. Pour into well-greased baking dish which is placed in a pan of hot water. Bake in moderate oven, 175° C. for 35 minutes, or until firm. Serve immediately. Garnish with whipped cream or cold custard. Serves 6.

CORN FLAKE APPLE PUDDING

Melt 113 g. butter with 2 tablespoons syrup. Add 4 cups corn flakes and mix well. Line ovenware dish with corn flakes mixture. Fill with tinned pie apples which have been sweetened to taste. Sprinkle with lemon juice and cinnamon. Top with remainder of corn flake mixture. Bake 175° C. 15-20 minutes. Serve hot with custard, cream or Orley Whip.

STEAMED FRUIT PUDDING

454 gms. mixed fruit.
1 cup flour.
1 cup bread crumbs.
3 tablespoons sugar.
113 gms. butter.
 $\frac{1}{2}$ teaspoon bi-carb. dissolved in $\frac{1}{2}$ cup boiling water.

2 eggs.
salt.
1 teaspoon ginger.
1 teaspoon cinnamon.
1 tablespoon brandy.

Cream butter and sugar. Add eggs, flour and breadcrumbs, then add fruit and brandy. Lastly add bi-carb. in water. Pour into greased bowl and steam for 3 hours. Serve hot with brandy sauce.

STEAMED PUDDING

85 gms. sugar.
4 tablespoons milk.
1 large egg.
flavouring.

170 gms. self-raising flour.
85 gms. butter.
pinch salt.

Grease a deep dish and paper. Cream butter and sugar, add egg. Beat well. Add sifted flour and milk alternately. Lastly add essence. Put into dish, cover with layer of greased paper then silver foil. Steam 1 $\frac{1}{2}$ hours. Serve with sauce or custard.

VARIATIONS

Jam Pudding: Put 2 tablespoons of jam in bottom of dish.

Syrup Turnover: Put 2 tablespoons of syrup in bottom of dish.

Canary Pudding: Add grated rind of lemon and lemon juice to basic mixture. Serve with lemon sauce.

Date Pudding: Add 113 gms. chopped dates to mixture. Serve with custard.

Currant Pudding: Add 2 tablespoons currants to basic mixture. Serve with lemon sauce.

Chocolate Pudding: Substitute 2 tablespoons cocoa for flour (take off 2 tablespoons) in basic mixture. Serve with hot chocolate sauce.

PEACH DE NOEL FLAMBÉ

(for 6)

Drain a tin of peach halves. Arrange them in a greased ovenproof dish. Fill hollows with fruit mincemeat. Top each with a blanched almond and put into a medium oven for approximately 15 minutes to get warm. Bring to table, pour over a little warmed liqueur brandy, or rum, and flame. Serve with cream or Orley Whip.

STRAWBERRIES FLAMBÉ

570 mls. strawberries.	2 tablespoons sugar.
1 peel of lemon cut into slices.	$\frac{1}{2}$ cup brandy.
the juice and peel of 2 oranges.	ice-cream (Orley whip if parava).

Wash, hull and dry strawberries. Put peels and juice into a pan with sugar. Cook slowly about 5 minutes, pressing peel to extract juice and flavour. Discard peel and add strawberries. Spoon hot syrup gently over fruit until they are well coated. Add $\frac{1}{2}$ cup of brandy and light. Serve over ice-cream.

MOCHA PUDDING

1 cup sherry.	1 tablespoon instant coffee.
3 eggs.	2 cups icing sugar.
1 packet Marie biscuits.	113 gms. butter.
1 teaspoon vanilla.	

Cream butter and icing sugar, add dry coffee, vanilla and egg yolks. Lastly fold in stiffly beaten egg whites. Dip Marie biscuits in sherry. Put layer of biscuits in loaf tin and cover with mixture. Repeat in layers. Leave in fridge overnight. Decorate with icing or cream, cherries and nuts.

MOCHA SOUFFLÉ

290 mls. sweet cream.	$\frac{1}{4}$ teaspoon salt.
227 gms. marshmallows.	$\frac{1}{2}$ cup chopped nuts.
2 egg whites.	1 cup sliced cherries.
1 tablespoon Nescafé dissolved in 1 cup boiling water.	$\frac{1}{4}$ cup sliced ginger preserve.

Cut the marshmallows into small pieces and place marshmallows and dissolved coffee in a double boiler. Stir well over heat and add the salt. When marshmallows are melted, allow to cool. When the mixture thickens fold in whipped cream, ginger, nuts, cherries and stiffly beaten egg whites. Chill in fridge.

CREME CARAMEL

4 eggs.	8 tablespoons of sugar.
1.14 litres of milk.	vanilla.

Boil milk and sugar. Beat in eggs and vanilla.

CARAMEL: Boil 2 tablespoons of sugar with a little water. Allow to get light brown. Spread caramel over bottom of pie dish. Add custard. Place in dish of cold water. Bake slowly in oven 175° C. until set. Turn out, caramel side up. (Can also be made in individual dishes).

ORANGE MERINGUE PUDDING

Beat yolks of three eggs slightly, adding $\frac{1}{4}$ cup sugar. Add juice of 4 large oranges. Cook until slightly thickened. Boil fast, while stirring. Line a dish with finger biscuits. Pour hot mixture over biscuits. Allow to stand overnight in fridge. The next day top with meringue made from 3 egg whites, $\frac{1}{4}$ cup sugar, little grated orange rind. Brown in 120° C. oven. Cool and serve with whipped cream or Orley Whip.

ORANGE SHERBERT

Boil $\frac{3}{4}$ cup water with $\frac{1}{2}$ cup sugar for 10 minutes. Add grated rind of orange and add $1\frac{1}{2}$ cups orange juice, 1 tablespoon lemon juice, pinch salt. Freeze until partly set, then beat until creamy. $\frac{1}{2}$ cup cream may be added. Re-freeze.

Orange Sherbert in Orange Halves:

Scoop out halves, fill with orange sherbert and chill well in freezer. Before serving, top with marshmallows — bake 230° C. oven for $2\frac{1}{2}$ minutes.

ORANGE SLICES GLACÉ

Peel 4 oranges carefully, removing all pith. Cut in slices. Prepare a syrup using 170 gms. of sugar to each teacup of water. Boil until syrup thickens. Add orange rind and a little Kirsch or orange liquid to syrup thickens. Add orange rind and a little Kirsch or orange liquid to syrup and pour over orange slices. Chill very well. May be served with cream or Orley Whip. (Prepare rind by peeling an enblemished orange with a potato peeler and cutting into neat strips with scissors. The strips are then plunged into boiling water until they become almost transparent.)

ORANGE SQUASH PUDDING — PARAVA

- | | |
|--------------------------------------|---------------------------------|
| 1 strawberry jelly. | 3 eggs. |
| 1 bottle <i>Lecol</i> Orange Squash. | 3 cups cold water. |
| 1 raspberry jelly. | 2 dessertspoons custard powder. |
| $\frac{1}{2}$ cup sugar. | |

Boil together squash and water. Dissolve jelly in same and boil up again. Cream 3 egg yolks with custard and slowly add dissolved jelly to creamed eggs. Pour back into pot and boil slightly. When cool fold in beaten egg whites.

STUFFED ORANGE CASES

- | | |
|------------------------------|-------------------------------|
| 4 oranges. | 2 bananas. |
| grated rind of 1 orange. | 140 mls. cream or Orley Whip. |
| 1 tablespoon ground almonds. | icing sugar to taste. |

Wash and dry the oranges. Slice off top quarter way down. Remove fruit and chop, taking out pith and pips. Cut banana into slices. Whip cream or Orley Whip. Fold in chopped orange, banana, ground almonds, and icing sugar to taste. Pile into orange cases. Serve very cold. Serves 4.

ORANGE PUDDING

Dissolve 1 packet red jelly in 1 cup boiling water, add 2 beaten egg yolks. Add 3 cups orange juice and $\frac{1}{2}$ cup sugar. Beat 2 egg whites and $\frac{1}{2}$ cup sugar until very stiff. Fold into jelly mixture and chill. When chilled decorate with cherries, etc.

LIME SHERBERT

- | | |
|--------------------------|----------------------------|
| $\frac{2}{3}$ cup sugar. | 3 tablespoons lemon juice. |
| 1 cup Roses Lime Juice. | green food colouring. |
| 2 cups water. | 2 egg whites. |

Cook sugar and water slowly for 10 minutes. Add to lime juice and strained lemon juice. Add green colouring. Pour into fridge tray and allow to freeze firm. Remove to chilled bowl and beat until very light. Fold in stiffly beaten whites. Freeze until firm in freezer. Nice in meringue shell with fruit sherbert and fruit.

PINK PEARS

- | | |
|-------------------------------|-----------------|
| 1 whole pear per person. | 1 cup red wine. |
| 1 apple jelly. | a few cloves. |
| 1 red jelly. | cochineal. |
| a few pieces cinnamon sticks. | |

Cook 2 cups water with the jellies, wine, cinnamon sticks, cloves and a few drops of cochineal. Stand the peeled pears, leaving the stalks on, upright in the liquid and cook until tender, but not too soft. Remove pears when ready and stand on dish. Strain the liquid and pour over pears. Allow to set and cool. Serve with cinnamon and sugar and cream or Orley Whip.

GOOSEBERRY PUDDING (PARAVA)

- | | |
|----------------------------|----------------------|
| 2 packets finger biscuits. | 2 tins gooseberries. |
| 2 orange chiffon puddings. | |

Line dish with finger biscuits. Pour over juice from gooseberries. Arrange gooseberries on top, then put the prepared chiffon puddings on top.

PINEAPPLE PUDDING

- | | |
|---------------------------|-----------------------|
| 1 raw pineapple. | 1 tin condensed milk. |
| 1 packet pineapple jelly. | 3 egg whites. |
| $\frac{1}{2}$ cup sugar. | 1 cup iced water. |

Dissolve jelly in 2 cups boiling water. Grate pineapple and stew with the sugar for 15 minutes. Mix the two together. Add 1 cup iced water. Add condensed milk. Leave to cool for 5 minutes. Add beaten egg whites. Place in bowl in fridge to set.

PINEAPPLE PUDDING

Take 1 large pineapple and grate. Add 2 cups cold water and $\frac{1}{2}$ cup sugar. Boil these for 10 minutes, stirring all the time. Take 1 heaped tablespoon custard powder in less than cup of water. Add to above. Boil for 5 minutes, stirring. When thick, set in fridge and decorate.

MELON SURPRISE

Cut the end of a chilled melon to make a 10 cm. opening. Remove the seeds. Remove melon flesh and cut in 6 small cubes. Mix the melon cubes with 227 gms. raspberries and 2 sliced yellow peaches. Sprinkle with sugar and Kirsch and refill melon. Replace the top and refrigerate for 2 hours.

REFRESHING FRUIT ICE (PARAVA)

Boil $1\frac{1}{2}$ cups sugar with $\frac{3}{4}$ cup water for 10 minutes. Cool. Grate 1 large pineapple, add juice of 5 oranges, 1 lemon, $\frac{1}{2}$ cup granadilla juice. Add two stiffly beaten egg whites and put in freezer. Stir once or twice while setting.

GUAVA FLUFF

Boil together 6 ripe guavas, peeled and halved, 2 cups of water and 2 dessertspoons sugar. Cool, then liquidise in blender. Strain. Dissolve 1 packet red jelly in $1\frac{1}{2}$ cups water. Add guavas and set in refrigerator.

APPLE SNOW WHITES

1 packet finger biscuits.	juice $\frac{1}{2}$ lemon.
2 tablespoons berry jam.	170 gms. castor sugar.
227 gms. cooking apples.	1 egg white.
2 tablespoons water.	chopped nuts.
290 mls. cooked custard.	glacé cherries.

Break finger biscuits into pieces and divide between individual glass dishes. Dot with jam and pour over hot custard. Leave to set.

To make Snow Topping:

Peel, core and slice apples thinly. Cook gently with water and lemon juice, until pulpy. When cold, strain off any juice, stir in sugar, then fold in stiffly beaten egg white. Pile into glasses on top of trifle base. Sprinkle each with chopped nuts and top with a glacé cherry.

CHOCOLATE PUDDING (PARAVA)

200 gm bitter chocolate melted in double boiler. Add 4 yolks, one at a time. Beat up the 4 whites and fold into chocolate mixture. Beat up Orley whip and add about $\frac{1}{2}$ teaspoon sugar and dash of peppermint essence (or liqueur). Fold together. Add pecan nuts and freeze. (Use 6 eggs for 2 slabs of chocolate.)

RED WINE PUDDING

290 mls. milk.	$\frac{1}{2}$ cup sugar.
2 eggs, separated.	1 tablespoon Agar Agar
12 macaroons.	(gelatine).
290 mls. whipped cream.	$\frac{2}{3}$ cup red wine.
8 red cherries (fresh or canned).	$\frac{1}{2}$ cup chopped nuts.

Place milk, sugar, beaten egg yolks, in a double boiler and cook to soft custard. Add to Agar Agar which has been soaked in $\frac{1}{2}$ cup cold water. Add crumbled macaroons and wine. Fold in stiffly beaten egg whites. Pour into glasses to set. Decorate with a spot of whipped cream, nuts and a cherry.

FLAMING CHERRIES JUBILEE

1 tin cherries.
2 teaspoons cornflour.
ice-cream or sherbert.
 $\frac{1}{2}$ teaspoon cinnamon.

1 tablespoon cold water.
2 teaspoons sugar.
2 tablespoons brandy.

Drain the cherries. Heat syrup in a chafing dish. Mix the cornflour with the cold water and add to the syrup. Stir until thickened. Add the cherries, sugar, cinnamon and 1 tablespoon brandy. Heat through, but do not boil. At the same time heat the other tablespoon of brandy. Set a flame to it and gently flame the whole dish of fruit. Serve over ice-cream or sherbert.

This dish can be made with any variation of tinned fruits. If you wish to make it with bananas you must first make a syrup as below:

Syrup for Banana Flambé:

1 cup sugar — $\frac{1}{2}$ cup apricot jam — 1 cup water — 2 tablespoons brandy — $\frac{1}{2}$ teaspoon vanilla.

Combine sugar, water and vanilla in a chafing dish. Place the bananas in the syrup and let them simmer for 10 minutes. Add the apricot jam and one tablespoon of brandy and heat through, then heat other tablespoon brandy and light it. Flame the whole dish. These can be served alone or also with ice-cream or sherbet.

CREPES SUZETTE AU FLAMBE

(Flamed Pancakes)

2 cups flour.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ cup sugar.
1 teaspoon vanilla.

6 egg yolks.
 $3\frac{1}{2}$ cups milk or beer.
butter or oil for frying.

Note: Thin batter results in thin crêpes.

Sift dry ingredients. Beat yolks until light. Stir in dry ingredients alternately with the liquid so that the batter does not form lumps. Add vanilla. Let batter stand for an hour. Heat a small omelette pan and when very hot, grease with a piece of buttered or oiled wax paper. Cover bottom of pan with very thin layer of batter. Cook until golden brown on one side, then fold into thirds. Remove to heated platter. These may be made a few hours in advance.

SAUCE: In a chafing dish, place the finely shredded rind of a lemon and an orange together with 10 lumps of sugar (or 4 tablespoons sugar). Add 113 gms. of butter or a little oil. Heat and when the sugar is melted dip crêpes in the syrup then sprinkle lightly with icing sugar. Place round pan. Add $\frac{1}{4}$ cup Grand Marnier or $\frac{1}{2}$ cup orange juice, 2 tablespoons Cointreau and $\frac{1}{4}$ cup brandy to the syrup and mix. Light the sauce and spoon over the crêpes. Serve immediately, 2 per person.

PINEAPPLE FLAMBÉ

2 - 3 slices fresh pineapple per guest. Poach pineapple slices in 2 glasses white wine until all wine is absorbed. Sprinkle freely with brown sugar. Pour over a glass of brandy. Set alight and serve. Can be served with cream or Orley whip.

Just Like

Mama Made

CHOPPED HERRING

Mince together:

2 herrings (which have been soaked for at least 12 hours).

1 Granny Smith apple.

2 hard boiled eggs.

1 small onion.

6 Marie biscuits.

Add sugar and vinegar to taste.

Decorate with chopped hard boiled egg and parsley.

GEFILTE FISH

908 gms. fish (stock and line).

1 tablespoon oil.

1 onion.

1 cup cold water.

1 egg.

salt and pepper.

carrot.

1 teaspoon sugar.

1 tablespoon ground almonds
(optional).

1 slice bread.

Mince fish with onion and a small piece of carrot. Add the rest of the ingredients and mix well. Boil fish bones with onions and carrots in salted water. Skim. Roll fish mixture into balls and place carefully in boiling stock. Add pepper. Boil for two hours. Remove fish to a clean dish. Strain gravy over fish (a little yellow colouring may be added). Garnish with carrots. Allow to set in fridge.

SALTENOSSES

Pastry:

2 cups flour.

1 egg.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ cup water.

Cheese Mixture:

454 gms. cream cheese.

2 eggs.

pepper, salt, sugar to taste.

Make a firm dough and roll out thin. Cut into oblong strips approx. 6.4 cm x 10 cm. Place dessertspoon on cheese mixture on and roll up. (Like large kreplach.) Press edges down firmly so that cheese will not run out. Makes approx. 2 doz.

Boil 1.14 litres of water with 1 teaspoon salt. When boiling add saltenosses and boil for 5 minutes. Drain and place in buttered pie dish. Add $\frac{1}{2}$ cup milk, 85 gms. butter and bake in moderate oven approx. 25 - 30 minutes.

CHEESE BLINTZES

Batter:

1½ cups flour.
¼ teaspoon salt.
3 eggs.

2 cups water.
½ teaspoon baking powder.

Filling:

454 gms. cream cheese.
cream to mix to smooth paste.

1 egg.
sugar, salt and pepper to taste.

Mix all above ingredients till smooth. Prepare "pancakes". Fill with cheese mixture and fry in butter.

Pancakes:

Beat up eggs. Add flour, salt and water, gradually to make smooth, loose mixture. Grease heated pan with butter. Pour batter thinly onto it. When pancake is ready, turn onto a cloth on a board. Place spoonful of cheese in centre. Fold closed as envelope. Fry in hot butter until brown on both sides. Keep hot in oven but do not cover.

MEAT BLINTZES

Batter:

1½ cups flour.
¼ teaspoon salt.
3 eggs.

2 cups water.
½ teaspoon baking powder.

Meat Filling:

454 gms. steak.
3 tablespoons Debra's fat.
1 egg.

1 small onion.
salt and pepper.

Boil meat until tender. When cool, mince with onion. Add Debra's fat, one egg and seasoning.

Make Batter for Pancake:

Beat eggs. Add flour, salt and water, gradually to make smooth, loose mixture. Grease heated pan with fat. Pour batter thinly onto it. When "pancake" is ready turn onto a cloth on a board. Place spoonful of meat in centre. Fold closed as envelope. Fry in Debra's fat until brown on both sides. Keep hot in oven but do not cover.

KREPLACH

454 gms. minced meat.
2 cups flour.

3 eggs.
water.

Make dough using two eggs, flour and water. Dough must be firm enough to roll very thinly. Roll out into squares and fill with minced meat which has been mixed with egg, salt and pepper. Fold and press edges firmly. Cook in clear soup.

POTATO PUDDING

6 large potatoes.	2 tablespoons flour.
1 egg.	1 teaspoon baking powder.
1 tablespoon syrup.	1 teaspoon salt.
2 tablespoons Debra's or chicken fat.	

Grate potatoes on fine grater, add syrup, fat, flour, baking powder, salt, and beat in egg. Bake in greased ovenware dish for about 1 hour at 205° C.

CHOPPED LIVER

Fry 454 gms. calves liver and 1 large onion, sliced.
Mince together:—

Liver, fried onion and 2 hard-boiled eggs. Mix well, adding a little Debra's Schmalz and boiling chicken stock to moisten. Season with salt, pepper and cinnamon. Decorate with chopped hard-boiled eggs.

COW HEEL PETZAH

Put cow heel into bowl and pour boiling water over. While hot scrape and clean each piece very well. Wash again in tepid water. Place in pressure cooker and add 1 large sliced onion, 6 bay leaves, 12 peppercorns, flat dessertspoon salt, a fair amount pepper, good sprinkling garlic salt or 2 or 3 cloves garlic, sliced. Cover well with water (a piece of shin may also be added if desired). Pressure cook for 1½ hours or until meat falls off bones. Remove from stove and allow to cool slightly. Mince meat while still warm, strain gravy. Mix the two together and allow to boil again until most of the liquid has cooked away. Place mixture in bowl, decorate with sliced hard-boiled eggs and allow to cool. Set in fridge.

PRUNE TZIMMES

Cut off some fat from brisket and boil with 2 large onions, cut up, salt, pepper and water to cover, for about 2 hours. Add more water if necessary. Wash about 20 prunes and add to brisket (after boiling for 2 hours). Also add 1 or 2 more onions, juice of ½ a lemon, salt, pepper and 1 tablespoon syrup. Allow to boil and then add half potatoes and the following kneidlach:

1 cup flour.	2 tablespoons Debra's fat.
1 cup matzo meal.	2 beaten eggs.
1 teaspoon baking powder.	water.
salt, pepper, cinnamon and ginger.	
(This mixture must be loose.)	

Pour on top of meat and boil for approximately 1½ hours and then put into oven. Bake 175° C. oven for a little while.



Do not immerse dish of hot contents in bowl of ice. Rather place a dish of ice over bowl of hot food, as cool air descends while hot air rises.

KELSEY PLUM SWEETS (PLETZLACH)

908 gms. plums.
water.

4 cups sugar.

Wash plums. Place in saucepan with enough water to cover and simmer slowly till soft and pulpy. Add sugar and place over hot fire, stirring continually. Cook $\frac{1}{2}$ hour till thick, then place on wet board and allow to harden. Cut into squares and roll in sugar.

CARROT GINGER SWEETS (IMBERLACH)

Mix together:

5 cups minced or grated carrots.

5 cups sugar.

1 tablespoon ginger, or more to taste.

1 peeled apple and one whole orange, minced.

Boil slowly about 1 hour — don't overcook.

Take off stove when still soft, pour onto a board, spread out with a knife and let stand for a few days before cutting.

TAIGELACH

4 eggs (whole).

4 yolks.

2 tablespoons oil.

1 teaspoon ginger.

1 tablespoon sugar.

flour.

Mix all ingredients with enough flour to make a stiff dough. Roll into small balls which can be filled with minced fruit. Boil ingredients for syrup and add balls. Stir occasionally. Boil fast till a golden brown. Remove from syrup and place on a wet board, roll in ginger and sugar or cocoanut.

Syrup:

1 tin syrup (908 gms.); 3 cups water; 4 cups sugar.

KICHEL

4 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup oil, 454 gms. self-raising flour and pinch salt.

Beat eggs and sugar until thick and creamy. Add sifted dry ingredients. Roll *very* thinly using a little extra flour if necessary. Cut, prick and sugar. Bake on cake cooler sugar side down. Use top rung in oven 220° C. for approximately 5 minutes.

KICHEL

3 eggs.

2 tablespoons oil.

sugar.

$\frac{1}{4}$ teaspoon salt.

8 - 12 tablespoons flour.

Beat eggs very well. Add salt and oil beating all the time. Add flour gradually. The dough will be soft and sticky. Put some flour in a heap on a wooden board. Knead dough until it can be rolled out thinly. Roll and sprinkle generously with sugar. Roll lightly again over the sugar and prick all over with a fork. Cut into diamond shapes and place on pans that have been greased lightly with oil. Bake at 260° C. for approximately 5 - 8 minutes.

PASSOVER APPLE TART

Filling:

3 egg yolks.
4 - 5 grated apples.
198 gms. sugar.
salt.

5 heaped tablespoons matzo meal.
57 gms. grated almonds or hazelnuts.
juice and grated rind of 1 lemon.

Shell:

127 gms. butter.
57 gms. sugar.
1 egg.

4 tablespoons sifted matzo meal.
3 egg whites, beaten stiff.

To prepare shell: Cream butter and sugar. Add egg, salt and matzo meal and knead well. Roll out and line a well-greased pie pan (bottom only). Bake until light yellow.

To prepare filling: Cream egg yolks and sugar very well. Add other ingredients. Lastly, fold in stiffly beaten egg whites. Now put a border of dough around the baked pie bottom. Fill with apple mixture and make a lattice from the remaining dough. Gently fold the border slightly over the filling. Brush with egg yolk. Bake in moderate oven until light brown.

GESMIRTE MATZOS

Dip matzos carefully in milk to moisten slightly (not too soft). Spread thickly with cheese mixture (see below). Sprinkle with cinnamon and sugar. Bake at 175° C. until golden brown. Cut while warm.

Cheese Mixture:

227 gms. cream cheese.
1 egg.
1 teaspoon potato flour.

57 gms. melted butter.
salt and sugar to taste.
½ cup sour cream.

Mix well together until smooth.

KRIMSEL (Parava)

1 cup matzo meal, 2 eggs, 3 tablespoons sugar, 1 cup boiling water, pinch of salt, ½ teaspoon cinnamon, oil for frying, additional cinnamon and sugar.

Mix all dry ingredients. Add water. Mix well. Add eggs. Mix well. Leave for 15 - 20 minutes. Drop dessertspoonsful into hot oil. Fry till golden brown. Drain on brown paper. Roll in mixture of cinnamon and sugar. Can be served hot or cold. Makes 14 Krimsels.

PESACH BISCUITS (Basic Recipe)

227 gms butter.
140 mls. cream
½ cup sugar.

3 eggs.
pinch salt.
Pesach self-raising flour.

Cream butter and sugar. Add eggs, cream, salt and mix well. Add sufficient self-raising flour to make a soft, rollable dough. This can be used for tarts as well. Decorate biscuits with cherries, coconut, etc. Bake at 175° C. until golden brown.

TAIGELACH (Passover)

7 eggs — take off 2 whites.
pinch salt.
1 teaspoon sugar.

2 tablespoons oil.
1 teaspoon ginger.
cake flour (just less than one pkt.).

Mix into a soft dough and let stand for a while. Roll out strips and cut into small pieces.

Syrup: 1 tin syrup (908 gms.); 3 cups water; 4 cups sugar.

Bring syrup to boil and add cut pieces of dough, boil fast for about half an hour, without lifting lid. Then open and wipe all moisture off lid. Mix taigelach quickly, boil for further 1 - 1½ hours. Add 1 to 2 tablespoons ginger. When brown, remove pot from stove and pile taigelach on board. Cut into serving pieces.

PESACH CHEESE CAKE

113 gms. butter, ½ cup sugar, 2 eggs.
Enough self-raising flour to make soft dough.

Filling:

Cream together: 3 eggs ²/₃ cup sugar. Mix in 454 gms. cream cheese. Bake in 175° C. oven for 35 minutes. When ready switch oven off — open door and leave tart in for a while.

FRIED MATZOS

Break matzos into quarters. Dip in boiling water and then in egg. Fry in butter or hot oil. Sprinkle with cinnamon and sugar. Serve hot.

MATZOMEAL PUDDING

2 tablespoons sugar. 1 grated apple.
salt and cinnamon to taste. 2 eggs.
2 cups matzo meal (or farfel), soaked in 1 cup water.
2 tablespoons butter or Debra's Schmalz.

Mix all ingredients, and pour into well-greased ovenware dish and bake in moderate oven.

NEVER FAIL KNEIDLACH

(Approx. 8 Kneidlach)

2 eggs. 2 tablespoons water.
2 tablespoons Debra's Schmalz. matzo meal.
salt.

Beat eggs very well. Add softened schmalz and water, beating all the time. Add salt and enough matzo meal to form *SOFT* dough. (Matzo meal will swell). Allow to stand at least ½ hour. Roll into small balls. Boil in fast boiling clear soup or salted water for ½ hour leaving lid on all the time. Use a large pot.

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"A COOK IS AS GOOD AS HER SAUCE"

A good sauce can dress up an ordinary dish and make it something special.

Basic White Sauce:

Melt over low heat 2 tablespoons butter, add and blend in 2 tablespoons flour. Stir in slowly 1 cup of milk. Season to taste. Cook and stir briskly until smooth and boiling.

Cheese Sauce:

Add $\frac{1}{2}$ cup strong cheddar cheese and paprika to basic sauce.

Mushroom Sauce:

Add mushrooms and a dash of lemon juice to above. If using fresh mushrooms, slice and fry in butter before adding.

Parsley Sauce:

Add 1 tablespoon minced parsley and a teaspoon lemon juice to basic sauce.

Mushroom Sauce for Meat or Chicken:

Melt 2 tablespoons Debra's Schmalz in pan. Blend in 2 tablespoons flour and slowly add juice from small tin of mushrooms and $\frac{1}{2}$ cup chicken or beef stock. Keep stirring till sauce comes to the boil. Season. Add sliced mushrooms.

Hollandaise Sauce (Good with Hot Asparagus):

Mix juice of half lemon with 2 egg yolks. Add 1 tablespoon of butter. Cook over hot water (not boiling) until sauce thickens. Add another tablespoon of butter and stir again until butter has melted. Then add 1 more tablespoon of butter and stir very well. Remove from stove. Add salt, pepper and a dash of cayenne and then beat until shiny.

Parsley Butter (Serve with fish or vegetables):

Blend 113 gms. butter with 1 tablespoon minced parsley and salt. Form into pats or balls.

Mint Sauce (Serve with Mutton):

Boil together:

1 tablespoon chopped mint, 1 tablespoon sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup vinegar.

Sauce Tartare (for fried fish):

To 1 cup mayonnaise add:

1 tablespoon chopped parsley, 1 small pickled cucumber, chopped, 1 teaspoon capers (optional) or olives.

Quick Tartare:

Add 2 tablespoons sandwich spread to 2 tablespoons mayonnaise.

SEAFOOD SAUCE

1 cup mayonnaise, 1 cup tomato sauce, 1 tablespoon lemon juice, 1 tablespoon Worcester sauce, and a few drops of tabasco.

SEAFOOD SAUCE

with a difference

Add sweet wine, brandy or sherry to seafood dressing for a more distinctive flavour.

SAUCE A LA MANEKO

(To eat with fried fish)

2 cups cold water.	6 cloves garlic chopped up.
1 tablespoon flour.	2 tablespoons chopped celery.
4 tablespoons olive oil.	juice of half a lemon.

Mix flour with water until smooth. Add all other ingredients. Cook on medium heat until thick.

SAVOURY TOMATO SAUCE

3 tablespoons oil.	1 large onion diced.
4 skinned cooking tomatoes.	1 tablespoon cake meal or flour.
3 sprigs parsley.	1 green pepper diced.
1 clove garlic minced.	2 bay leaves.
1 cup boiling water.	1 teaspoon salt.
pinch pepper.	

Heat oil and sauté onion and green pepper until soft. Add diced tomatoes, boiling water, bay leaves, garlic salt, and pepper. Stir in cake meal to thicken.

May be used over grilled fish, fried chicken or steak. Casserole for 10 minutes. This may be used for Pesach as well.

TOMATO BISQUE SAUCE

Heat 1 can (big or small) of tomato pureé diluted with 1 can of boiling water. Add a bay leaf, a celery leaf chopped fine, $\frac{1}{2}$ onion chopped fine, 1 whole clove, dash salt and pepper. Cook for 15 minutes. Strain and add a pinch of bi-carb. of soda. Serve in gravy boat topped with minced parsley.

HERB STEAK SAUCE

(To be used as a marinade, as well as basting sauce)

Mix together:

1 clove garlic.	1 cup olive oil.
1 cup California Burgandy or other red table wine.	
3 or 4 sprigs each of rosemary and oregano finely snipped.	

TANGY MARINADE

(Good for Kebabs)

$\frac{2}{3}$ cup of cider vinegar.	$1\frac{1}{2}$ teaspoons garlic salt.
$\frac{1}{4}$ cup salad oil.	$\frac{1}{2}$ teaspoon paprika.
$\frac{1}{3}$ cup water.	$\frac{1}{4}$ teaspoon dry mustard.
1 teaspoon sugar.	dash pepper.

SAVOURY MARINADE

(Good for Veal and Lamb)

Beat with rotary beater or electric mixer:

$\frac{1}{2}$ cup salad oil.	1 tablespoon prepared mustard.
$\frac{1}{2}$ cup wine.	$\frac{1}{2}$ cup honey.
$\frac{1}{4}$ cup lemon juice.	$\frac{1}{2}$ teaspoon Worcester sauce.
$\frac{1}{2}$ teaspoon dried rosemary.	$\frac{1}{2}$ teaspoon tabasco.

APPLE SAUCE

(For Duck or Goose)

2 apples.	1 cup water.
1 tablespoon sugar.	lemon peel.

Peel, core and slice apples. Put into small pan with rest of ingredients. Cook gently till pulpy. Rub through sieve. Return to pot and cook until liquid reduces and sauce is thick.

PICKLING

Brine for pickling cabbage:

1 full tablespoon salt to every 3 cups water, 1 tablespoon white vinegar, 1 stalk celery, and 1 medium chilli.

Cut cabbage into big chunks, place in jar and fill with brine. Green tomatoes and green peppers can also be pickled in this brine,

Brine for preserving black olives:

Soak black olives in boiling water for 3 hours. Then place in jar and fill jar with equal quantities of vinegar and olive oil.

Brine for preserving green olives:

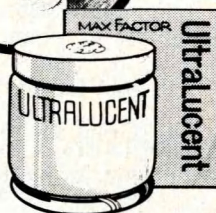
Place olives in jar, add 1 tablespoon salt to every 4 cups water and juice of 2 lemons.

Brine for preserving white cheese:

Cut cheese into large chunks and coat each individual piece with salt. Place in jar. Add 2 tablespoons of salt, juice of 2 lemons, 2 tablespoons olive oil and fill up with water.



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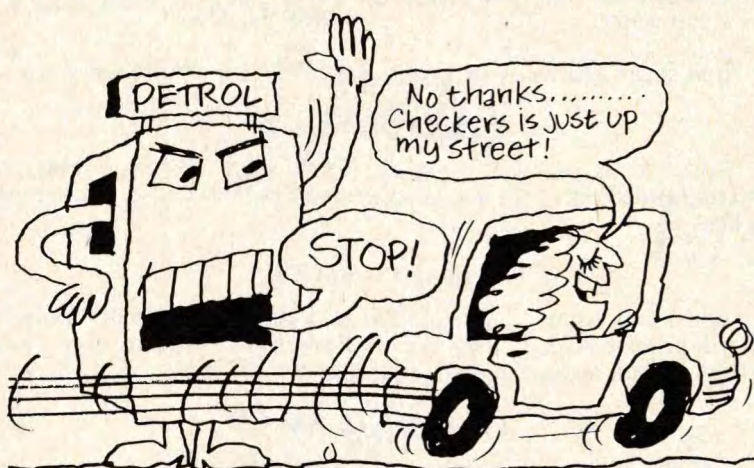


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JAM SAUCE FOR PUDDINGS

1 tablespoon jam (pref. apricot). $\frac{1}{2}$ cup sugar.
1 cup water. juice of $\frac{1}{2}$ lemon.

Boil sugar and water to make syrup. Add jam and lemon juice.

ORANGE SAUCE

Boil 2 cups orange juice with $\frac{1}{2}$ cup sugar. Blend 2 tablespoons custard powder with a little cold water. Add to juice and stir until mixture thickens.

LEMON SAUCE

Boil 1 cup water, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ cup sugar. Blend 1 tablespoon custard powder with a little water. Pour water mixture over custard, stirring. Return to heat and stir until mixture thickens.

CHOCOLATE SAUCE

290 mls. milk. 1 tablespoon cocoa.
1 tablespoon custard powder. $\frac{1}{4}$ cup sugar.

Mix cocoa, custard and sugar and blend with 3 tablespoons cold milk. Put rest of milk on to boil and when boiling pour over cocoa mixture. Return to pot and simmer until sauce thickens.

HINTS ON SAUCE MAKING

Avoid lumps by first making a "Roux" of flour and melted fat and then blending liquid slowly. Never let a sauce boil once an egg yolk has been added.

If a sauce should become lumpy add more liquid and simmer for a few minutes, then beat. Strain if necessary.

CARPET AND UPHOLSTERY CLEANER

28 gms. Ether, 28 gms. Alcohol, 113 gms. Strong Ammonia, Large tablet Knights Castil Soap. Grate soap and melt down in 1.14 litre boiling water. Add another 3.3 litres cold water and the remaining ingredients. Store in wide necked bottles.

Whip mixture with egg beater until it froths. Use to rub in with a soft brush. Wipe off with cloth wrung out in warm water.

CARPET CLEANER

1 cup soap powder.
1 tablespoon ammonia.
8 tablespoons vinegar.
8 tablespoons meths.
4.5 litres hot water.

Mix together and sponge carpet in sections. Then clean off soapy mixture with clean damp towel and allow carpet to dry thoroughly before using.

When baking cookies in cookie pan and you have not got enough dough to fill whole pan, fill those that are empty with water to prevent pan from burning.

When using candles for your dinner table, put them in the fridge the night before, thus preventing them from burning down too quickly.

Scones,

Rolls,

Etc.

ROLLS

1 large cup milk.	1 teaspoon salt.
1 dessertspoon sugar.	1 cake yeast.
1 dessertspoon butter.	1 large cup flour (or more).

Boil 1 large cup milk; when boiled add sugar, butter, salt. Boil again. Take off stove and allow to cool (room temperature). Add cake yeast. Gradually add 1 large cup or more flour. Leave to rise 2 hours. Make into rolls. (Leave to rise approx. 20 minutes.) Bake 205° C. — 12 minutes.

BAGELS

5 cups flour, 1 dessertspoon salt, 2 dessertspoons sugar, 1 tablespoon oil, 1 egg, 1 yeast cake or equivalent in powder, 1 - 1 $\frac{3}{4}$ cups warm water.

Mix dry ingredients. Beat egg with oil and add to dry ingredients. Dissolve yeast in warm water and put into mixture and knead very well indeed. Allow to stand until dough has risen well (usually takes about two hours, depending upon atmospheric conditions). Re-knead and roll into rings and allow to stand for a further 15 minutes. Drop into fast boiling sugared water for a second and then bake on greased pan in oven at 260° C. for half an hour.

BROWN SCONES

113 gms. wholemeal.	57 gms. chopped walnuts.
28 gms. sugar.	113 gms. white flour.
1 teaspoon cream of tartar.	57 gms. butter.
$\frac{1}{2}$ teaspoon bicarbonate of soda.	milk to mix.

Rub butter into flour, add all dry ingredients, mix lightly with milk. Roll out 1.25 cms. thick and bake in hot oven for about 10 minutes.

SCONES

- | | |
|----------------------------|-------------------------------|
| 2 cups flour. | $\frac{1}{2}$ teaspoon salt. |
| 4 teaspoons baking powder. | 2 teaspoons sugar (optional). |

To $\frac{1}{4}$ cup oil, add 1 egg and milk to make 1 cupful. Beat well and add to sifted dry ingredients. Roll out and cut, brush tops with egg and bake in 205° C. oven about 10 minutes.

SCONES WITH SELF-RAISING FLOUR

- | | |
|------------------------------|---|
| 2 cups self-raising flour. | $\frac{1}{2}$ teaspoon salt. |
| 2 level tablespoons butter. | 1 egg. |
| 2 level dessertspoons sugar. | $\frac{3}{4}$ cup milk and water mixture. |

Sift together flour, salt and sugar. Rub butter into flour mixture. Add well-beaten egg and milk. Roll out. Bake 230° C. 10 - 12 minutes.

SCONES

Sift together 2 cups flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar. Rub in 113 gms. butter. Beat $\frac{1}{2}$ cup milk with 1 egg and add to flour and butter.

Pat out, DO NOT ROLL, and cut. Brush with left over egg and milk. Bake 245° C. 12 minutes.

CHEESE SCONES

- | | |
|--|-------------------------------|
| 1 cup grated cheddar cheese. | 1 cup milk. |
| 1 cup flour. | 1 dessertspoon baking powder. |
| $\frac{1}{4}$ teaspoon cayenne pepper. | |

Mix all ingredients together and drop into well-buttered cookie pans. Bake 205° C. approximately 10 minutes.

CREAM SCONES

- | | |
|-----------------------------|----------------------------|
| 1 $\frac{1}{2}$ cups flour. | 2 tablespoons sugar. |
| 1 cup fresh cream. | 2 teaspoons baking powder. |
| $\frac{1}{4}$ cup milk. | pinch salt. |
| 1 egg. | |

Mix flour, baking powder, sugar and salt. Beat cream, milk and egg. Add flour and other dry ingredients to cream mixture and bake in muffin tins.

Bake 190° C. oven for about 12 minutes.

DROP SCONES

- | | |
|-------------------------|----------------------------|
| 7 tablespoons flour. | 28 gms. butter. |
| egg. | 1 tablespoon sugar. |
| pinch salt. | 1 tablespoon cream. |
| $\frac{1}{4}$ cup milk. | 2 teaspoons baking powder. |

Sift dry ingredients together; rub in butter. Beat in egg and gradually add cream and milk. Half fill greased patty tins and bake 230° C. (Paint scones with a little egg.) Bake about 10 minutes.

CRUMPETS

- | | |
|-------------------------------|--------------------------|
| 2 eggs. | small cup sugar. |
| 1 large cup milk. | 57 gms. butter (melted). |
| 8 heaped tablespoons flour. | 1 teaspoon salt. |
| 1 dessertspoon baking powder. | |

Beat together 2 eggs with large cup milk. Add flour, sugar and salt and beat well. Mix in melted butter. Lastly fold in baking powder.

DOUGHNUTS

- | | |
|----------------------------------|----------------------------|
| 1 teaspoon bi-carbonate of soda. | 2 eggs. |
| 1 cup sugar. | 4 teaspoons baking powder. |
| 454 gms. flour. | 57 gms. melted butter. |
| 1 teaspoon salt. | ½ teaspoon nutmeg. |

1 cup sour milk (milk can be made sour by adding 1 tablespoon of vinegar or lemon juice to $\frac{3}{4}$ cup milk and allowing to stand in a warm place).

Beat eggs lightly. Beat in sugar. Add melted butter and milk. Add sifted dry ingredients. Roll out 1.25 cms. thick. Cut into rings. Fry in deep, hot oil. Drain and sprinkle with cinnamon and sugar or pour water icing over.

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MUFFINS

(The answer to unexpected guests)

Basic Recipe:

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons sugar.	1 beaten egg.
$3\frac{1}{2}$ teaspoons baking powder.	1 cup milk.
3 tablespoons melted butter.	

Sift together dry ingredients.

To beaten egg add milk and cooled melted butter.

Add liquid mixture to dry ingredients.

Mix quickly but do not beat. (This is the secret of successful muffins.)

Half fill greased muffin tins.

Bake 205° C. 20 minutes.

Serve hot in folded napkin.

VARIATIONS:

Date Muffins:

Add $\frac{3}{4}$ cup finely sliced dates.

Apple Muffins:

Add $\frac{3}{4}$ cup coarsely grated apple.

2 tablespoons sugar, $\frac{1}{2}$ teaspoon cinnamon.

Currant Muffins:

Add $\frac{1}{2}$ cup currants.

Cheese Muffins:

Omit sugar from basic recipe.

Add $\frac{3}{4}$ cup grated strong cheese and dash of cayenne pepper.

SOUR MILK MUFFINS

2 cups sifted flour.	2 teaspoons baking powder.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{4}$ teaspoon bi-carb.
2 tablespoons sugar.	

Mix well together and make hole in centre. Beat 1 egg well and add to one cup sour cream or sour milk. Stir and pour into well of dry ingredients. Stir quickly with a silver spoon. Mixture will be lumpy.

Bake 220° C. oven — 15 - 20 minutes.

Serve buttered with jam.

Biscuits

and

Smalls

JAM TURNOVERS

227 gms. butter.
227 gms. flour.

227 gms cream cheese.

Make pastry. Cut into rounds. Place jam in middle. Brush edges with milk. Fold over. Brush with milk and sprinkle with sugar. Bake in hot oven.

MERINGUES

6 egg whites.
1½ cups castor sugar.

1 teaspoon lemon juice.

Beat egg whites with ½ cup sugar then gradually add remaining sugar and lemon juice, beating until mixture is stiff. Drop onto oiled tins. Bake 96° C. for 2 hours then 72° C. for 1½ hours.

DUTCH BUTTER BISCUITS

227 gms. butter.
170 gms. sugar.
1 teaspoon baking powder.
1 egg.

283 gms. flour.
½ teaspoon cinnamon.
chopped nuts.
salt.

Cream butter and sugar, add egg yolk. Add sifted dry ingredients. Press into Swiss roll tin. Beat egg white until stiff. Spread on top and sprinkle with nuts, cinnamon and sugar. Bake in moderate oven 15 - 20 minutes. Cut into squares while hot and leave to cool in pan.

CORN FLAKES BISCUITS

1 egg.
113 gms. melted butter.
85 gms. sugar.

142 gms. self-raising flour.
corn flakes.

Mix all ingredients except corn flakes. Make small balls, roll in corn flakes. Bake on greased biscuit pan, 175-190° C. oven for 15 minutes.

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GINGER BISCUITS

- | | |
|--|------------------------------------|
| $\frac{1}{2}$ cup syrup. | 2 eggs. |
| $\frac{3}{4}$ cup sugar. | $1\frac{1}{2}$ tablespoons ginger. |
| 3 tablespoons oil. | |
| 1 small teaspoon of each: cinnamon, mixed spice and cloves. | |
| 1 teaspoon bicarbonate of soda dissolved in $\frac{1}{4}$ cup boiling water. | |

Mix syrup, sugar and oil. Add eggs, spices and bicarbonate of soda. Add enough flour to make a soft dough. Pat or roll out to about .63 cm. thick, cut into strips, sprinkle with sugar and bake in 190° C. oven. Cut whilst hot.

RAISIN MUMBLES

Filling:

- | | |
|------------------------------|--------------------------|
| $2\frac{1}{2}$ cups raisins. | 2 tablespoons cornflour. |
| $\frac{1}{2}$ cup sugar. | $\frac{3}{4}$ cup water. |
| 3 tablespoons lemon juice. | |

Cook above ingredients, stirring constantly until thickened. Co

Crust Mixture:

Mix $\frac{3}{4}$ cup butter with 1 cup brown sugar (well packed). Add: $1\frac{3}{4}$ cups flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon bicarbonate of soda, $1\frac{1}{2}$ cups Jungle Oats.

Press half the mixture into a greased pan (23 cm x 33 cm). Spread filling over this layer and pat on remainder of mixture. Bake 205° C. oven — 20 - 30 minutes. When cool cut into bars.

FRENCH SHORTBREAD

- | | |
|---------------------------------|--------------------|
| 113 gms. butter. | 5 tablespoons oil. |
| 3 tablespoons icing sugar. | 2 cups flour. |
| 1 small teaspoon baking powder. | |

Mix all ingredients together. Press into greased pan. Bake in 150° C. oven — 10 - 12 minutes. Cut while hot.

CREAM STRAWS

- | | |
|------------------|---------------------------|
| 2 cups flour. | 1 cup cream. |
| 113 gms. butter. | 1 teaspoon baking powder. |

Rub baking powder, flour and butter. Add cream. Roll little pieces of dough into strips and roll in sugar. Bake till golden brown in oven 175-205° C.

MELTING MOMENTS

2 cups flour.	2 tablespoons icing sugar.
2 tablespoons custard powder.	227 gms. butter.

Mix dry ingredients, and crumb in butter. Knead well until soft, roll into small balls and press down with fork. Bake in greased pan at 150° C. for 20 - 25 minutes.

CHOCOLATE WALNUT SQUARES

Beat 2 eggs with $\frac{3}{4}$ cup sugar until creamy.

Add 113 gms. melted butter.

Mix in 3 tablespoons cocoa and 1 teaspoon vanilla.

Add 1 cup flour sifted with 1 teaspoon baking powder.

Lastly add 1 cup chopped walnuts.

Bake in Swiss roll tin. 190° C. oven — 15 - 20 minutes.

While still hot pour over chocolate icing. (See chocolate icing for biscuits).
Cut into squares.

ICED ALMOND BISCUITS

227 gms butter.

$\frac{2}{3}$ cup castor sugar.

2 egg yolks.

$\frac{1}{2}$ cup ground almonds.

$2\frac{1}{2}$ cups flour.

1 teaspoon baking powder.

$\frac{1}{4}$ teaspoon salt.

Cream butter and sugar well, beat in egg yolks, add ground almonds and lastly sieve in the flour, salt and baking powder. Mix well into dough. Roll out thin and cut with biscuit cutter. Bake 175° C. until pale gold, about 10 minutes. When cold put together in two's with berry jam and ice tops with icing. Decorate with $\frac{1}{2}$ cherry.

Icing:

1 cup icing sugar, 1 teaspoon flavouring with sufficient cold water to blend to spreading consistency.

COCONUT SQUARES

Pastry:

113 gms. butter.

1 egg.

$\frac{1}{2}$ cup sugar.

$1\frac{3}{4}$ cups flour.

1 teaspoon baking powder.

$\frac{1}{4}$ teaspoon salt.

Cream butter and sugar together. Add egg and mix well. Add sifted dry ingredients. Roll out or pat into biscuit tin.

Filling:

1 tablespoon butter.

2 tablespoons sugar.
jam.

1 egg.

1 large cup coconut (or more).

Warm jam and spread over biscuit mixture. Add coconut filling. Cherries and nuts may be added to coconut mixture. Bake in 205° C. oven — 25 minutes.

ANISEED BISCUITS

5 eggs.	1 cup sugar.
4 teaspoons aniseed.	approx. 2 cups flour.
1 teaspoon baking powder.	

Beat eggs, sugar and aniseed well. Add flour and baking powder and mix. Add more flour if necessary. Drop 1 teaspoonful at a time onto greased pan. Bake at 165° C. until light brown.

MOCK TAIGLACH

Crush 1 packet Marie biscuits into nut-size pieces.

In a saucepan heat:

227 gms. butter.	$\frac{1}{2}$ cup sugar.
227 gms. dates.	$\frac{1}{4}$ teaspoon ginger.
Stir till pulpy.	

Add one beaten egg, stirring briskly for about three minutes. Remove from heat and allow to cool. Add biscuits and $\frac{1}{2}$ cup chopped nuts. Mix well. Roll into small balls and dip in coconut. Place on cake-cooler till set.

BAIGELACH

4 eggs.	pinch salt.
2 tablespoons oil.	self-raising flour.
6 dessertspoons (heaped) sugar.	

Beat eggs, oil and sugar well. Add salt and sufficient flour to hold shape. Roll into baigels (not thick). Brush with egg yolk. Sprinkle poppy seed and bake in hot oven (approx. 205° C.).

PEANUT BISCUITS

$\frac{1}{2}$ cup butter (113 gms.).	$\frac{1}{4}$ cup milk.
1 cup sugar (227 gms.).	2 cups sifted flour.
$\frac{1}{2}$ cup peanut butter (156 gms.).	$\frac{1}{2}$ teaspoon salt.
2 eggs (well beaten).	2 teaspoons baking powder.
$\frac{1}{2}$ to $\frac{3}{4}$ cup coarsely chopped peanuts.	

Preheat oven to 190° C. Cream butter until light. Gradually add sugar and peanut butter, creaming until fluffy. Blend in beaten eggs and milk. Sift together flour, baking powder and salt. Stir this into the creamed mixture to make a very stiff dough then stir in chopped peanuts. Using a teaspoon, spoon dough on to a well greased baking sheet and bake for 15 minutes or until browned. Makes approximately 48 biscuits.

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CHINESE BOWS

1 egg, juice and rind of 1 orange, 2 tablespoons oil, $\frac{1}{4}$ teaspoon salt. Flour to mix.

Syrup: 1 cup honey, $\frac{1}{4}$ cup water, rind of orange.

Mix into a pastry, roll out thinly, cut into 1.25 cm. by 10 cm. strips and form into bows. Fry in deep oil until golden brown. Dip in cold syrup and cool down on wire tray.

GINGER BISCUITS

- | | |
|----------------------------------|-------------------------------|
| 6 pieces preserved ginger. | 2½ cups flour. |
| 12 cherries. | 227 gms. butter. |
| 1 egg. | 1 tablespoon powdered ginger. |
| 1 heaped teaspoon baking powder. | pinch of salt. |
| 1 cup castor sugar. | 2 tablespoons ginger syrup. |

Cut ginger and cherries into small pieces. Add to the melted butter, the flour, powdered ginger, salt, castor sugar, and baking powder. Add beaten egg, fruit and syrup. Spread into buttered baking sheet. Bake 175° C. oven for 30 minutes. Cover with water icing (icing sugar and hot water) while hot and cut into squares.

FRUIT AND NUT BARS

- | | |
|-------------------|----------------------------|
| 1 cup dates. | 1 cup flour. |
| ½ cup cherries. | ½ cup sugar. |
| ¼ cup nuts. | 2 teaspoons baking powder. |
| 57 gms. butter. | 2 eggs. |
| 2 teaspoons milk. | |

Sift flour, sugar and baking powder. Add fruit and cut up nuts. Add melted butter and beaten eggs. Spread out in tin 30 cm x 15 cm. Bake ½ hour 175° C. Slice when baked.

ALMOND BISCUITS

- | | |
|-----------------------------------|----------------------------|
| 227 gms. butter. | 2½ cups flour. |
| ½ teaspoon salt. | 2 teaspoons baking powder. |
| $\frac{2}{3}$ cup castor sugar. | 2 egg yolks. |
| $\frac{1}{3}$ cup ground almonds. | |

Cream butter and sugar, add yolks. Add rest of ingredients. Roll out, cut in small rounds and bake 175° C. 10 - 12 minutes. When cool jam together. Ice with water icing flavoured with lemon essence. Decorate with almonds.

BISCUITS FOR SAWA COOKIE MAKER

227 gms. butter.	1 cup castor sugar.
2 teaspoons vanilla essence.	2 eggs.
1 tablespoon ground almonds (optional).	454 gms. self-raising flour.

Cream butter and sugar well. Add eggs one at a time and then the vanilla essence. Beat well and add the flour and almonds. Press out onto greased baking sheets and bake 190° C. until golden brown.

FLORENTINES

¼ cup chopped glacé cherries.	¼ cup sugar.
1 cup mixed peel.	1 tablespoon syrup.
¼ cup chopped almonds.	½ cup sifted flour.
113 gms. butter or oil.	¼ cup chopped sultanas.
1 teaspoon lemon juice.	200 gm. slab bitter chocolate.

Chop the fruits very finely and combine with the sultanas and almonds. Melt the butter, sugar, syrup and lemon juice in a pan. Shake the fruit mixture in the flour and stir into the mixture in the pan. Drop spoonfuls onto an oiled baking sheet and allow plenty of room to spread. Flatten them slightly with the back of a wet spoon. Bake 8 to 10 minutes in 175° C. oven. Allow them to cool for a minute then lift them with a spatula onto a cake rack. Melt the chocolate over hot water and ice the flat under-sides with the chocolate. Allow to set and score with a fork.

CINNAMON BISCUITS

283 gms. butter.	4½ small cups flour.
4 tablespoons sugar.	2 teaspoons baking powder.
2 eggs.	6 tablespoons coconut.
2 teaspoons mixed spice.	2 tablespoons cocoa.
2 teaspoons cinnamon.	

Cream butter and sugar very well, add beaten eggs. Then add all sifted dry ingredients. Roll in walnut sized balls. Flatten with fork. Bake 175° C. 9 - 10 minutes.

While still hot sandwich together with jam, then roll in castor sugar.

CHOCOLATE CRUNCHIES

227 gms. butter.	2 cups coconut.
salt.	113 gms. sugar.
2 cups flour.	4 teaspoons cocoa.
2 teaspoons baking powder.	

Cream butter and sugar, add dry ingredients. Press into Swiss roll tin. Bake 20 minutes 175° C. While still hot ice with chocolate icing. (See icings). Cut into squares.

GROBYEL (ISRAELI SHORTBREAD)

113 gms. margarine.	$\frac{1}{2}$ measuring cup oil.
1 tablespoon water.	2 teaspoons cinnamon.
salt.	3 tablespoons castor sugar.

As much flour as it takes to make a crumbly mixture.

Beat together all ingredients except flour. Add flour as above. Knead well. Press into greased Swiss roll tin (grease with margarine). Press well into tin by rolling with rolling-pin. Sprinkle with castor sugar and cinnamon. Bake in slow oven 150° C. for about $\frac{1}{2}$ hour. Cut into squares while hot. Cool before taking out of tin.

DIGESTIVE BISCUITS

170 gms. flour.	57 gms. sugar.
113 gms. oatmeal.	85 gms. butter.
1 egg beaten with a little water.	1 teaspoon bicarbonate of soda.

Rub butter into flour, add other ingredients and mix well. Roll out thinly and cut into biscuits. Bake to a golden brown.

CHOCOLATE BRANDY BALLS

3 eggs.	1 teaspoon baking powder.
3 tablespoons sugar.	pinch salt.
3 tablespoons flour (well sifted).	
1 chocolate flaky bar or chocolate sprinkle.	

Beat yolks and sugar until thick and creamy. Fold in stiffly beaten whites, flour, baking powder and salt. Grease patty tins and fill half-way with this mixture. Bake in 205° C. oven for 8 - 10 minutes. Cool. When cold, slit each cake half-way through and fill either with approximately 1 teaspoon sweetened whipped cream or thick custard or lemon chiffon pudding.

Chocolate Icing:

2 cups icing sugar.	3 tablespoons boiling water.
3 tablespoons cocoa.	1 tablespoon brandy.

Mix icing sugar and cocoa. Pour over boiling water and brandy. Dip cakes into this mixture. Cool cakes on cake cooler. Sprinkle with chocolate flake or chocolate vermicelli. Allow to dry. Place each cake in paper cup.

SCOTCH SHORTBREAD

113 gms. castor sugar.	227 gms. butter.
454 gms. flour.	

Cream butter and sugar. Add flour first with knife until crumbly and then by hand, kneading as for bread. Press into 2 square tins and prick with fork. Bake at 150° C. for 1 hour. Sprinkle with castor sugar and cut while still hot.

BASIC TART AND BISCUIT DOUGH

113 gms. butter.	$\frac{1}{2}$ cup sugar.
$2\frac{1}{2}$ - 3 cups flour.	pinch salt.
2 teaspoons baking powder.	flavouring.

1 egg beaten. Pour into cup and add sour cream to fill cup.

Rub butter into flour, add rest of dry ingredients. Add egg-cream mixture and work into dough. Bake 190 - 205° C. oven till light brown.

(This recipe may be doubled up and kept in fridge to be used as required for biscuits, tarts, small tartlets, kranskuchen or farfel cake.).

PLAIN BISCUITS USING BASIC RECIPE

Roll thinly, cut into shapes and bake in a hot oven until light brown. These can be iced or dusted with icing sugar.

JAM SANDWICHES

Roll thinly. Using doughnut cutter cut rounds, $\frac{1}{2}$ being full round and $\frac{1}{2}$ with hole in middle. Place teaspoon of berry jam on each round, cover with cut round. Bake 205° C. until light brown. Dust with icing sugar.

STUFFED MONKEYS

Roll dough into strips approximately 10 cm x 30 cm. Paint with melted butter and jam. Sprinkle with cinnamon and sugar, chopped nuts, cherries, dates, sultanas, mixed peel, currants. (Filling can be varied according to preference.) Roll up. Brush with egg and water. Cut diagonally about 2.5 cm. Bake 190° C. approximately $\frac{1}{2}$ hour. Dust with icing sugar or pour water icing over.

DATE ROLLS

Roll out thinly. Cut into strips. Chop dates and soften with boiling water and a little lemon juice. Spread date mixture thinly on dough. Roll up and cut diagonally 2.5 cm wide. Bake 190° C. approximately $\frac{1}{2}$ hour. Dust with icing sugar.

CINNAMON REFRIGERATOR BISCUITS

$3\frac{1}{2}$ cups sifted flour.	1 cup brown sugar.
1 teaspoon bi-carb.	1 cup white sugar.
1 tablespoon cinnamon.	2 eggs.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ teaspoon vanilla.
227 gms. butter or margarine.	$\frac{1}{2}$ cup chopped nuts (optional).

Sift flour, bi-carb., cinnamon and salt together. Cream shortening until light and smooth, adding both sugars gradually. Beat eggs into mixture. Stir in sifted ingredients about a cupful at a time. Add nuts last. Knead dough and roll out into sausage shapes. Wrap in wax paper and store in fridge for 12 hours or more. Slice thinly next day and bake on well-greased buttered tins at 205° C. for 10 minutes. Decorate.

ALMOND MACAROONS

4 egg whites.	227 gms. ground almonds.
1 cup sugar.	1 teaspoon vanilla.

Make meringue with sugar and egg whites. Fold in almonds and vanilla. Drop tablespoons of mixture into paper cups and bake 205° C. for 15 minutes.

KAMISH (ISRAELI NUT RUSKS)

227 gms. margarine.	2 eggs.
1 measuring cup sugar.	1 tablespoon brandy.
1 tablespoon vinegar.	salt.
4 cups flour (self-raising flour).	

Mix all ingredients except flour, in electric mixer. Add the flour. Makes a very soft dough. Form into rolls on well-floured board.

Lift on to greased and floured biscuit tin. Flatten slightly, sprinkle with any kind of chopped nuts, form into rolls again and bake in moderate oven, 190° C. for about 15 minutes.

Remove from oven when baked and cut into rusks. Dry in oven, 150° C.

May be varied by sprinkling with cinnamon instead of nuts.

CRUNCHIES

1 cup flour.	113 gms. butter.
2 cups oats.	1½ tablespoons syrup.
1 cup sugar.	½ teaspoon salt.
1 cup coconut.	1 teaspoon bicarbonate of soda.

Melt butter and syrup — add bicarb. and then add to all the other mixed ingredients. Bake 190° C. oven; 15 - 20 minutes.

GREEK NUT BISCUITS

113 gms. butter.	2 tablespoons sugar.
1 cup flour.	1 cup chopped nuts (almonds or pecans).

Cream butter and sugar. Sift flour and mix nuts. Add to butter mixture and work into firm dough. Roll into marbles. Bake on buttered biscuit tin 150° C. oven for 30 minutes. Roll in icing sugar while still hot. Allow to cool on cake rack.

CARAMEL DELIGHTS

113 gms. Rice Krispies.	57 gms. sugar (2 tablespoons).
113 gms. butter.	
½ 400 gms. tin of sweetened condensed milk (7 level tablespoons).	

Melt butter. Put the condensed milk and sugar in a basin and add melted butter. Mix well and then add the Rice Krispies. Grease a tin about 19 cm x 29 cm and place the mixture in tin. Put a sheet of greaseproof paper over the top and press mixture down evenly and firmly. Remove paper and bake for ½ hour in a moderate oven 150° C.

When nicely browned remove from oven and while very hot cut with hot knife into shapes required. (Makes approximately 24.).

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PINYONATE (like Taiglach)

4 eggs, 1 tablespoon olive oil, flour.

Beat eggs and oil, add flour for softish dough.

Syrup: ½ jar honey, 908 gms. syrup, 908 gms tin water. Boil together in large pot.

Roll dough into long thin strips and cut into pieces 1.25 cm. long. Place on floured cloth. Drop into boiling syrup. Cook for about 1 hour on medium heat till syrup turns sticky. Do not open lid for at least 30 minutes. Remove from stove and add ½ cup cold water. Remove from syrup and sprinkle with ½ cup toasted almonds.

RESHIKAS (OIL BISCUITS)

3 eggs.

1 teacup olive oil.

1 teacup sugar.

3 teaspoons baking powder.

1 teacup water and orange juice (milk can be used instead of orange juice).

Flour, approx. 6 cups (as much as mixture will absorb to make a soft dough). Add a little cinnamon to flour.

Beat sugar and eggs well. Add oil and mix. Add water, flour and baking powder to make a soft dough. Put through mincer twice and shape. Brush with beaten egg and dip in sesame seeds (which have been well cleaned). Bake in 205° C. oven.

To Crisp: Heat oven to 150° C. and switch off. Place all biscuits in one pan and put in oven and leave until cold.

TRAVADOS (Almond and honey cookies) (Approximately 40)

Dough:

1 glass olive oil.

1 teaspoon bicarb. of soda.

½ glass sugar.

Enough flour for a soft dough.

½ glass water.

Form into marbles, flatten with hand, to 5 cm. circle. Fill with ½ teaspoon filling, fold over and press edges together. Oven 175° C. approx. for 30 minutes.

Filling:

227 gms. almonds.

2 level tablespoons water.

1 level tablespoon sugar.

1 teaspoon cinnamon and

2 level tablespoons honey.

cloves mixed.

Mince almonds, add sugar, honey, water, cloves and cinnamon. Mixture should be softish.

Syrup:

1 cup sugar.

3 tablespoons honey.

½ cup water.

Boil together until sticky. Drop travados into syrup and allow to boil for 1 minute. Take out. Place on plate and sprinkle with sesame seeds, allow to cool, and cover.

COORABYE (Short bread biscuits)

227 gms. margarine or butter.	4 tablespoons cornflour.
2 tablespoons icing sugar.	8 tablespoons flour.
1 egg white.	$\frac{1}{2}$ cup ground almonds.
1 teaspoon vanilla.	

Cream margarine or butter and sugar. Add egg white vanilla, almonds and then cornflour and flour. Dough should be softish. Form into 3 cornered shapes. Bake 175° C. for 30 minutes. Sprinkle with icing sugar when cool.

PITIKAS

1 coffee cup olive oil.	Enough flour to form a firmish
1 tea cup water.	dough.
pinch bicarb.	

Form this dough into small rounds the size of a marble. Allow to stand for half an hour. Roll out the rounds as thin as possible. Fry in deep oil till golden brown. Sprinkle ground almonds, cinnamon and pour a teaspoon syrup over each Pitika.

FRUIT ROLLS

113 gms. stones dates.	227 gms pecan nuts.
227 gms. dried figs.	113 gms. mixed peel.
227 gms. seedless raisins.	icing sugar.

Mince all the above ingredients together. Roll into long rolls. Roll in icing sugar. Wrap in wax paper and keep for one week at least. Cut into slices and serve with coffee.

FRUIT BOATS

Pastry:

227 gms. flour.	salt
2 tablespoons water.	170 gms. butter.
1 egg yolk.	

Sift flour and salt. Rub in butter till mixture is like fine breadcrumbs. Beat yolk lightly with water and add to flour mixture to make dough.

Roll and fit into patty pans which have been lightly greased. Prick well. Bake in moderate oven 15 - 20 minutes.

For filling use any suitable fruit — fresh or canned.

Make a syrup with $\frac{1}{2}$ cup water and 85 gms. sugar (use syrup from fruit, if canned fruit is used). Bring to the boil and thicken with 28 gms. cornflour coloured to suit fruit used. (If using strawberries allow cleaned fruit to stand with castor sugar before using — colour syrup pink.) If you wish fruit can be flavoured with wine or brandy.

Fill cases with fruit glaze and decorate with cream and nuts.

CUP CAKES

2 cups flour.	113 gms. butter.
$\frac{1}{2}$ teaspoon salt.	1 cup sugar.
3 level teaspoons baking powder.	2 eggs.
1 teaspoon vanilla.	$\frac{3}{4}$ cup milk.

Cream butter and sugar, beat in eggs one at a time. Add vanilla, Sift flour, salt and baking powder together and add, alternately with milk, to creamed mixture. Fill greased patty pans $\frac{2}{3}$ full, bake 15-20 minutes in 205° C. oven. Makes approx. 2 doz. cookies.

VARIATIONS:

Children's Parties:

Ice cup cakes with butter icing, decorate with hundreds and thousands and cherries.

Fairy Cakes:

Cut slice off top of cup cake, fill with whipped cream, cut slice in half and place on cream to resemble wings, dust with icing sugar.

Currant Cup Cakes:

Substitute lemon essence for vanilla and add $\frac{1}{2}$ cup currants to mixture.

Cherry Cup Cakes:

Add $\frac{1}{2}$ cup cherries to mixture, ice with water icing, decorate with cherry.

Marble Cup Cakes:

Divide mixture and add 1 tablespoon cocoa and 1 dessertspoon sugar, dissolved in a little water to one mixture. Put a little of each mixture into each cup cake. Ice with chocolate butter icing.

Mocha Cup Cakes:

Substitute coffee for milk (mix two teaspoons instant coffee with a little boiling water add milk to make $\frac{3}{4}$ cup in all). Ice with butter mocha icing, decorate with walnut.

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CHOCOLATE CUP CAKES

113 gms. self-raising flour. $\frac{1}{2}$ teaspoon salt.
 $\frac{3}{4}$ cup sugar. 1 egg.
3 tablespoons melted butter. $\frac{1}{4}$ cup milk.
 $\frac{1}{2}$ teaspoon vanilla.
3 tablespoons liquid cocoa (1 tablespoon cocoa mixed with 2-3
tablespoons hot water).

Sift self-raising flour and salt, and put aside. Break egg into bowl and add sugar and vanilla. Add liquid cocoa and melted butter. Beat well but gently. Add flour and salt mixture gradually, alternating with milk. Half fill cups with mixture.

Bake in moderate oven, 190° C for 25-30 minutes.

Dust with icing sugar or ice with chocolate icing. (See icings).

TEA CORNETS

1 egg. $\frac{1}{3}$ teaspoon baking powder.
 $\frac{1}{4}$ cup sugar. flavouring.
 $\frac{1}{3}$ cup flour. pinch salt.

Beat egg till very light. Add sugar little by little, beating well after each addition, until quite thick. Sift together flour, baking powder and salt. Fold into egg mixture. Add few drops flavouring essence. Drop teaspoonsful on well-greased pan several centimeters apart. Bake in moderate oven, 190° C. for 5 minutes. Loosen from pan and roll them around to resemble a horn (with back of knife). If they become too crisp to roll, put back in oven for a minute. Serve filled with whipped cream.

CHOUX PASTRY

$\frac{1}{4}$ pt. water. 2 eggs.
57 gms butter. 71 gms flour.
1 teaspoon castor sugar (optional).

Boil water and butter together in a saucepan. Take pan off stove and add sifted flour and sugar all at once. Beat well and return to stove, beating until mixture forms a smooth ball. Cool. Add eggs one at a time. Place teaspoonsful onto a baking sheet and bake 205° C. oven for 10 minutes, then reduce heat to about 175° C. for further 20 minutes or until set.

Cut in half when cold and serve with whipped cream or savoury filling.

PLAYING CARDS

Playing cards which have been used for many games tend to stick together and become very difficult to handle. A quick and simple way of extending their useful life is to lay them out fanwise, sprinkle with a little talcum powder and then shuffle thoroughly. Some of the powder will remain on the cards and makes them slippery once more.

PASTRY FOR PIZZA OR ASPARAGUS ROLLS

2½ cups flour.
227 gms. butter.

290 mls. sour cream.
salt.

Rub butter into flour and add sour cream. Make at least 24 hours before required and leave in fridge. Bake in 230° C. oven.

PUFF PASTRY FOR APPLE STRUDEL, ETC.

454 gms. flour.
454 gms. butter.
2 teaspoons cream of tartar.

salt.
2 tablespoons brandy.
1 bottle soda water.

Grate butter into flour. Add cream of tartar. Blend in soda water and brandy. Leave in fridge overnight.

QUICK-MIX PASTRY (Perogen, pies, etc.)

454 gms. vegetable fat.
½ teaspoon salt.

454 gms. flour.
1 cup boiling water.

Cut fat into dish and pour boiling water over to melt. Add flour and salt and put into fridge for two hours. Remove from fridge, knead and roll out. Pastry can now be wrapped in grease-proof paper and stored in fridge to be used as required.

PASTRY FOR TARTS AND COOKIES

113 gms. butter.
2 tablespoons sugar.
1½ cups flour.

yolk of 1 egg.
1 tablespoon water.
1½ teaspoons baking powder.

Rub butter into dry ingredients and make into dough with egg and water (which have been beaten together).

WINTER DESSERT PASTRY

227 gms. flour.
3 tablespoons sugar.
227 gms. butter.
½ tablespoon water.

1 egg.
1 teaspoon baking powder.
½ tablespoon vinegar.
pinch salt.

Mix flour, sugar, baking powder and salt. Rub in shortening. Add vinegar and water to egg. Beat well and add to dry ingredients making a stiff dough.

205° C. oven.

TURKISH COFFEE

1 coffee cup water, 1 heaped teaspoon Turkish coffee, 2 level teaspoons sugar
When water has boiled add sugar and coffee, stir and bring to re-boil.

Tarts

and

Pies

PINEAPPLE CHEESE CAKE

(with any pastry shell)

½ cup sugar.	½ teaspoon salt.
1 tablespoon cornflour	2 eggs.
1 tin crushed pineapple and	¼ cup milk.
½ tin juice.	½ teaspoon vanilla.
227 gms. cream cheese.	1 dessertspoon custard powder.
another ½ cup sugar (optional).	¾ cup nuts.

Blend ½ cup sugar with cornflour and add crushed pineapple. Cook, stirring constantly, until mixture is thick and clear; leave to cool. When cool, place mixture in pastry shell and add cream cheese mixture with all remaining ingredients. Bake at 165° C. for 40 - 50 minutes, and then 205° C. for 10 minutes.

Serve cold.

PINEAPPLE COTTAGE CHEESE CAKE

2 cups finely rolled cornflakes.	4 tablespoons sugar.
113 gms melted butter.	1 teaspoon cinnamon.

Blend all ingredients. Pack $\frac{3}{4}$ of this mixture in the bottom and around sides of spring mould. Pour in filling and sprinkle with remaining crumbs; place in fridge until firm.

Filling:

2 tablespoons Agar Agar (gelatine).	½ lemon with rind and juice.
3 eggs — separated.	1 teaspoon vanilla.
½ cup sugar.	½ cup crushed pineapple.
pinch salt.	¼ cup maraschino cherries.
cup of milk.	½ cup cream.
	454 gms. cream cheese.

Beat egg yolks with sugar and salt. Add milk and cook in double boiler until creamy, stirring constantly. Dissolve Agar Agar in the hot custard. Remove from stove and cool. Add cheese, lemon, vanilla, pineapple and cherries. Fold in stiffly beaten egg whites and whipped cream; pour into crust.

CHEESE TART

$\frac{3}{4}$ packet Marie biscuits, minced. 113 gms. melted butter.
Mix together and press into buttered pie dish.

Cheese Filling:

$\frac{1}{2}$ cup sugar. pinch salt.
454 gms. cream cheese. 3 eggs.

Beat well until creamy.

Fill pie shell and bake 175 - 190° C. 10-15 minutes. When baked put cherry pie filling on top.

PEACH CHEESE CAKE

$1\frac{1}{4}$ cups cornflake crumbs.	1 tablespoon Agar Agar (gelatine)
$\frac{1}{4}$ cup castor sugar.	1 large tin peaches.
$\frac{1}{4}$ teaspoon nutmeg.	$1\frac{1}{2}$ cups skim milk cheese,
5 tablespoons melted butter.	unseasoned.
3 eggs, separated.	1 tablespoon grated lemon rind.
$\frac{1}{2}$ cup sugar.	4 tablespoons lemon juice.
$\frac{1}{3}$ cup evaporated tinned milk.	1 teaspoon vanilla.
$\frac{1}{2}$ teaspoon salt.	

Melt butter in a square or oblong pie dish. Add sugar, nutmeg and crumbs and blend well, taking out about $\frac{1}{4}$ cup for topping. Press the rest firmly against bottom and sides of the dish. Chill until needed.

In the top of double cooker, beat 3 egg yolks slightly, stir in $\frac{1}{4}$ cup of sugar, salt and tinned milk. Cook over hot but not boiling water until the mixture thickens. Soften the Agar-Agar in peach juice, then stir it into egg mixture. Remove from heat and add skim milk cheese, lemon rind and juice, and vanilla. Let stand until cool.

Make a meringue of the egg whites and remaining $\frac{1}{4}$ cup sugar. Fold this into the custard mixture. Spoon the mixture into the crumb shell. Top with peaches, sprinkle the rest of the crumb mixture over the top. Chill until set. Makes 8 to 10 servings. Can also be served as a dessert.

PEACH KUCHEN

2 cups flour.	290 mls. sweet cream.
$\frac{1}{4}$ teaspoon baking powder.	113 gms. butter.
$\frac{1}{2}$ teaspoon salt.	1 large tin peach slices.
1 cup sugar.	2 egg yolks.
1 teaspoon cinnamon.	

Heat oven to 205° C. Grease an 20cms oven-proof dish. Sift flour, baking powder, salt and 2 tablespoons sugar into a bowl. Cut in butter with two knives or pastry blender until mixture is lumpy. Press a layer of crumbly pastry to the bottom and sides of dish firmly with hands. Drain peaches and arrange over pastry. Mix remaining sugar and cinnamon and sprinkle over peaches. Bake for 25 minutes. Combine egg yolks with the cream and pour over. Bake another 15 minutes and serve warm.

APPLE CRISP

Line baking dish — approximately 20 cm x 13 cm. — with layer of thinly sliced raw apple, or tinned unsweetened apple.

Mix and sprinkle on top of apple the following.

1 cup flour.	$\frac{3}{4}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	1 unbeaten egg.
1 teaspoon baking powder.	

Pour $\frac{1}{3}$ cup melted butter over and sprinkle with ground cinnamon. Bake in moderate oven.

APPLE CREAM (TART)

Pastry:

2 cups flour.	140 mls cream.
113 gms. butter.	1 egg yolk.
pinch salt.	

Rub butter into flour and salt. Add egg yolk and cream. Pat dough onto bottom and sides of a pie-plate and spread with a thin layer of jam.

Prepare following filling:

3 large sour apples grated on a coarse grater, 57 gms. butter, $\frac{1}{2}$ cup sugar, rind of orange, finely grated, 3 eggs, beaten.

Mix all ingredients well together and add a little lemon juice. Pour into the unbaked shell and bake 205° C. for about $\frac{1}{2}$ hour, or until the pastry is well baked. Take out and leave to cool. Can be trimmed with whipped cream and strawberries, and served as a pudding or a cake.

QUICK APPLE STRUDEL

Pastry:

290 mls. cream.	2 cups flour, sifted.
227 gms. butter.	

Filling:

4 large tart apples.	1 beaten egg yolk mixed with a little water.
dash lemon juice.	
1 - 2 teaspoons sugar.	Sugar and slivered almonds to garnish.

Rub butter into sifted flour. Add cream. Use an extra tablespoon flour and work dough lightly with hands until smooth, to make soft dough. Refrigerate overnight. Roll dough very thinly into a large rectangle. Peel apples, grate into centre of dough, sprinkle with lemon juice and 1 to 2 teaspoons sugar. Roll out another rectangle of dough to cover the grated apple. Allow the jutting out pieces of dough from the larger rectangle to fold over the smaller piece of pastry covering the apples. Brush with beaten egg. Sprinkle with sugar and slivered almonds. Carefully lift onto a well-greased cookie sheet and bake 190 - 205° C. until pastry is golden brown.

APPLE SPONGE

Sift together:

1½ cups flour.

¼ teaspoon salt.

¾ cup sugar.

2 teaspoons baking powder.

Add and mix together:

½ cup milk.

2 eggs.

1 teaspoon vanilla.

Lastly add 113 gms. soft butter and pour dough into a 23 cm. square ovenware dish. Place slices of apple on the top of the dough. Sprinkle with cinnamon and sugar and bake at 190° C. for 30 minutes.

CONDENSED MILK AND APPLE TART

Filling:

1 small tin pie apples.

½ tin condensed milk.

2 eggs.

Add juice of 1 lemon

} Beat well together
(in mixer if possible).

Crust:

Crust tennis biscuits (1 pkt. should be sufficient), mix with 113 gms. melted butter (save some of the **dry** crumbs to sprinkle on top). Pat into pie dish.

Place filling in crust — bake 175° C. for 15 minutes.

APPLE FARFEL TART

Use basic tart dough. Line greased pie dish with ⅔ dough. Spread with jam. Grate 2 large apples onto dough. Sprinkle with lemon juice, cinnamon and sugar. Grate remaining ⅓ dough onto apples.

Bake 175° C. 30 - 35 minutes.

FARFEL CAKE

Use basic tart dough. Grate ½ dough into greased pie dish. Cover with thick layer of jam. Grate remainder of dough over jam.

Bake 175° C. approximately 40 minutes.

KRANZ KUCHEN

113 gms. butter.

2 cups flour.

3 tablespoons cream.

pinch salt.

2 tablespoons sugar.

1 egg.

4 teaspoons baking powder.

Rub butter into sifted dry ingredients. Beat egg and cream together, add to dry ingredients. Roll into oblong, spread with a layer of jam, sprinkle with fruit (cherries, sultanas, currants, etc.) and cinnamon and sugar. Roll up. Bake 205° C. oven for ½ hour.

GOOSEBERRY SPONGE FLAN

Flan Sponge with cover:

1 tablespoon butter.	$\frac{3}{4}$ cup sugar.
5 tablespoons milk.	1 cup sifted flour with $1\frac{1}{2}$
3 eggs.	teaspoons baking powder.

Filling:

1 tin gooseberries, drained.	1 pkt. instant vanilla pudding.
$1\frac{1}{4}$ cups milk.	

N.B. — You will need one 20 cm. flan tin and one 20 cm. round tin.

Melt butter in hot milk. Cool slightly. Beat eggs well, add the sugar and beat again. Add the sifted flour and baking powder alternately with the melted butter and milk. Line the flan tin with buttered greaseproof paper and spoon half the mixture into this. Spoon the balance of the mixture into the layer pan which has been greased and lined with buttered greaseproof paper. Bake at 175°C . 15 20 minutes. Remove from tins and cool. Mix the vanilla instant pudding with $1\frac{1}{4}$ cups milk, beating well till thoroughly mixed. Allow to set a little. Spoon into the flan case. Top with the drained goosberries. Top with the sponge layer. Sprinkle generously with sifted icing sugar.

N.B. — Fresh strawberries and cream may be used instead of the goodberries and custard.

GRANADILLA PIE

$\frac{3}{4}$ packet Marie biscuits.	113 gms. butter.
--------------------------------------	------------------

Crush biscuits and add melted butter. Line pie dish. Bake 15 minutes 175°C . Cool.

Filling:

$\frac{1}{2}$ packet lemon jelly dissolved in 1 cup boiling water. Cool.

Add 1 tin granadilla pulp (or about 12 granadillas), 1 small tin condensed milk, lemon juice to taste. Stir well. Cool. Pour into pie shell and allow to set.

Decorate with cream.

LEMON CURD PIE

1 tin condensed milk.	$\frac{1}{8}$ teaspoon salt.
2 eggs.	4 tablespoons sugar.
2 lemons.	

Put into large bowl of electric mixer 1 tin condensed milk, 2 egg yolks, juice of 2 lemons, salt, and mix thoroughly.

PASTRY: Take 18 Marie biscuits and crush. Melt 113 gms. butter, mix into Marie biscuits and line ovenproof dish with pastry. Spoon lemon mixture over this.

MERINGUE: Beat whites of eggs until firm, add sugar. Spoon over mixture. Bake in 165°C . oven until meringue is brown.

BLITZ TORTE

1 cup sifted flour.
1 teaspoon baking powder.
pinch salt.
113 gms. butter.
1¼ cups sugar.
½ teaspoon cinnamon.

4 eggs, separated.
1 teaspoon vanilla.
3 tablespoons milk.
½ cup sliced nuts (almonds).
1 tablespoon sugar.

Sift flour, baking powder and salt together. Cream butter with ½ **cup sugar** until fluffy. Add well-beaten egg yolks, vanilla, milk and sifted dry ingredients. Spread mixture in 2 greased 23 cm. pans. Beat egg whites until stiff but not dry, add remaining sugar gradually and beat until eggs hold a sharp peak. Spread over unbaked mixture in both pans. Sprinkle with nuts, 1 tablespoon sugar and cinnamon and bake in moderate oven (175° C.) for about 30 minutes. Cool and spread custard filling between layers. Cream may also be used.

PLUM CAKE

1 cup flour.
1 teaspoon ground cinnamon.
½ teaspoon salt.
2 teaspoons baking powder.
113 gms. butter.

½ cup sugar.
2 eggs (not too large).
Less than 1 tablespoon lemon juice.
Grated rind of ½ lemon.

Topping:

1 small tin Satsuma plums (drained). 2 teaspoons cinnamon.
¼ cup sugar.

Cream butter and sugar. Add eggs, lemon juice and rind. Add dry ingredients. Cover with topping. Use oblong buttered ovenware dish. Bake 175° C. for 35 to 40 minutes.

BRANDY TART

Boil together 1 cup chopped dates with ¾ cup water and 1 teaspoon bicarb. Cream 2 tablespoons butter and 1 cup sugar. Add 1 beaten egg. Sift 2 teaspoons baking powder with 1½ cups flour. Add to creamed mixture. Stir in boiled date mixture. Divide into 2 buttered 23 cm. pie dishes and bake at 175° C. for 25 to 30 minutes.

Syrup:

Boil together 1 cup sugar with ¾ cup water. Boil for 5 minutes. Stir in 1 tablespoon butter, 1 teaspoon vanilla essence and ¼ cup Brandy. Spoon over pies while syrup is hot and pies are warm. Top with whipped cream.

PEACH PECAN PIE

Crust:

1 cup sifted flour.	$\frac{1}{4}$ teaspoon baking powder.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{3}$ cup butter.
2 - 3 tablespoons ice water.	

Topping:

$\frac{1}{2}$ cup whipped cream.

Filling:

1 cup sugar.	3 tablespoon orange juice.
3 tablespoons flour.	1 tablespoon butter.
2 tablespoons cornstarch.	1 tablespoon grated orange rind.
$\frac{1}{8}$ teaspoon salt.	$\frac{1}{4}$ cup chopped pecans.
$\frac{1}{2}$ cup cold water.	2 cups sliced peaches.

Crust:

Sift together one cup flour, the baking powder and $\frac{1}{2}$ teaspoon salt. Cut in butter with fork or pastry blender until it is the size of peas. Add ice water a little at a time, mixing only enough to hold ingredients together. Place dough on a lightly floured board and roll to about 31 cm. thick. Line 23 cm. oven dish.

Filling:

Mix together sugar, flour, cornstarch, salt, cold water, orange juice and butter. Cook for about 15 minutes or until mixture is thick, stirring constantly. Remove from heat and stir in grated orange rind, pecans and sliced peaches.

Pour filling into unbaked pastry shell. Bake in moderate oven, 190° C. for about 40 minutes or until done.

Garnish with whipped cream for serving.

GINGER TART

Pastry:

Crush 1 packet ginger nuts and mix with 4 tablespoons melted butter. Line a glass dish with mixture and set in oven for a few minutes.

Filling:

Boil together 2 tablespoons ginger syrup (from preserved ginger), 2 tablespoons golden syrup and $1\frac{1}{2}$ cups water. Mix 2 tablespoons custard powder with water and add to syrup mixture, stirring till thick and transparent. Add 1 dessertspoon Agar Agar (gelatine), dissolved in 2 dessertspoons cold water. Add $\frac{1}{3}$ cup chopped preserved ginger. Pour into shell and leave to set. Decorate with cream, cherries and ginger.

IN A HURRY

Place an open work paper d'oyley on a cake and sprinkle well with icing sugar. Remove the d'oyley carefully and finish off the "decorations" with slices of cream chocolates with coloured centres.

BRANDY PASTRY — BANANA ROLL

454 gms. margarine.
454 gms. (4 cups) flour.
1 egg.

2 tablespoons brandy.
2 teaspoons salt.

Beat egg in cup, add brandy and fill to top of cup with iced water. Sift dry ingredients and crumb with margarine, add egg mixture and place in fridge for a short while. Roll out thinly, spread with jam, sprinkle with cinnamon, sugar and sultanas. Place sliced bananas down centre and roll over.

Bake 230° C. for 20 minutes. This dough keeps well in fridge.

CINNAMON AND NUT TART

Mix together:

$\frac{3}{4}$ cup sugar.
 $\frac{1}{4}$ cup soft butter.

1 large egg.

Stir in:

$\frac{1}{2}$ cup milk.
 $1\frac{1}{2}$ cups flour.

2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.

In separate dish mix together:

$\frac{1}{2}$ cup Demarara sugar.
2 tablespoons flour.
2 tablespoons cinnamon.

2 tablespoons melted butter.
 $\frac{1}{4}$ cup crushed nuts.

Line dish first with dough, then spread with mixture, another layer of dough and top with mixture. Bake 190° C. oven. $\frac{1}{2}$ hour.

With Compliments
EAST RAND BAZAAR

BASIC SWEET YEAST DOUGH

Sift 1.14 kg. flour into basin.

Make hole in centre.

Crush 2 cakes of yeast with 1 tablespoon sugar and put into the centre of flour. Pour $\frac{3}{4}$ cup warm milk onto yeast and allow to bubble. Melt 227 gms. of butter in 1 cup of warm milk. Add $1\frac{1}{2}$ cups of sugar and 1 teaspoon salt to flour mixture, then pour milk, butter and 2 well-beaten eggs onto flour, and knead well. Dough must be soft but must come away from sides of basin cleanly.

Cover and allow to stand in warm place to rise (approx. 2 hours). Knead again and allow to rest for 15 minutes before using. This dough keeps in fridge (bottom shelf) for about 5 days. Use as required but make sure to grease and cover remainder of dough.

FOR BABKE [USING BASIC SWEET YEAST DOUGH]

Place in buttered round, tube pan or bread tins. Sultanas can be kneaded into the dough. The dough must half fill pan. Brush with egg or milk and sugar, allow to rise $\frac{1}{2}$ hour. Bake $175-190^{\circ}\text{C}$. about 40-50 minutes depending on size. (Plump sultanas in boiling water before using.)

BOOLKES

Roll out 1.25 cm. cut rounds, spread with melted butter and dust with cinnamon and sugar, nuts and raisins. Alternatively, add apple slices or cream cheese mixture (as for cheese cake). Fold in half. Brush with egg yolk mixed with water and a little sugar. Allow to rise $\frac{1}{2}$ hour. Bake 205°C . for 25 minutes.

BIENENSTICH TART [The Real Thing]

Use approximately $\frac{1}{4}$ of basic yeast dough. Put into large round buttered baking tin (dough should be 1.25-1.90 cms thick).

Topping:

Mix together 113 gms. butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon vanilla, 1 tablespoon flour and 113 gms. cut up almonds (fairly big pieces). Boil until thin batter consistency. Cool and allow to thicken, spread topping over dough. Let rise $\frac{1}{2}$ hour. Bake 190°C . 20 minutes or until golden brown. Cool properly then cut in half and fill with custard.

Custard:

2 cups of milk.

1 tablespoon sugar.

1 tablespoon custard powder.

1 egg.

Mix egg yolk with custard powder. Bring milk and sugar to boil and add to custard. Stir till thick. When cool fold well-beaten egg white into custard. (This makes firm custard.)

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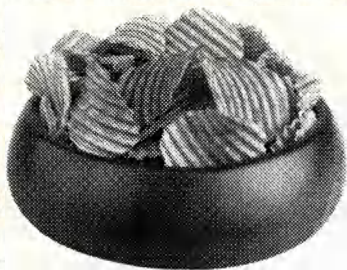


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Cakes

CHOCOLATE CHIFFON CAKE

6 eggs.	3 teaspoons baking powder.
1½ cups flour.	¾ cup oil.
1½ cups castor sugar.	¾ cup boiling water.
3 tablespoons cocoa.	1 teaspoon vanilla.

Beat 6 egg whites with 1½ teaspoons baking powder. Sift flour with castor sugar. Add cocoa, baking powder. Add egg yolks, oil, vanilla and boiling water. Add mixture to egg whites. Put into chiffon tin. Bake 205° C. oven for 1 hour. Turn upside down and allow to cool before removing from tin.

SUPER CHOCOLATE CAKE

½ cup butter.	1 teaspoon baking powder.
1¾ cups castor sugar.	½ teaspoon bicarb.
4 eggs.	¼ teaspoon salt.
2 cups sieved cake flour.	1¼ cups milk.
½ cup cocoa.	1 teaspoon vanilla essence.

Cream butter and gradually add castor sugar, beating until light and fluffy. Beat egg yolks in one at a time. Add flour, cocoa, baking powder, bicarb, and salt alternately with the milk, beating well after each addition. Add Vanilla Essence and fold in stiffly beaten egg whites. Pour mixture into two prepared 22.5 cm. cake tins and bake at 165° C. for about one hour or until done. Allow the layers to cool and fill with whipped cream.

ISRAELI CHOCOLATE CAKE

6 eggs.	2 teaspoons sugar.
1 measuring cup sugar.	57 gms. margarine.
1 cup self-raising flour.	1 tablespoon brandy.
rum and vanilla essence.	chopped peanuts.
100 gm. bar bitter chocolate.	

Steam chocolate with 2 teaspoons sugar and water, take off stove and add margarine and brandy. Cool.

Beat egg whites and sugar till stiff, then add yolks beaten with a fork. Fold in flour with peanuts added. Fold in chocolate mixture.

Grease large loaf pan well with margarine.
Bake in slow oven 175° C. about 40 minutes.

CHOCOLATE CAKE

113 gms. butter.	pinch salt.
1 cup sugar.	1½ cups flour.
3 eggs.	1 teaspoon vanilla.
2 tablespoons cocoa.	½ cup iced water.
1½ teaspoons Milo.	2 teaspoons baking powder.
¼ teaspoon cinnamon.	

Cream butter and sugar, add cocoa, Milo and cinnamon. Add wellbeaten eggs and add gradually flour, salt, vanilla and iced water. Lastly, add baking powder. Bake at 175° C. for approx. ½ hour.

CHOCOLATE MERINGUE CAKE

Ingredients for Batter:

1 cup sifted cake flour.	½ teaspoon baking powder.
⅛ teaspoon salt.	57 gms butter.
½ cup sugar.	1 egg.
½ teaspoon vanilla.	⅓ cup milk.

Ingredients for Topping:

¼ cup brown sugar.	1½ tablespoons cocoa.
1 egg white, stiffly beaten.	¼ cup chopped pecans or walnuts.

Method for Cake:

Sift together cake flour, baking powder and salt. Beat the butter and sugar together until well blended; add unbeaten egg and continue beating until mixture is light and fluffy. Add sifted dry ingredients alternately with milk and vanilla to butter mixture, beating well between each addition. Spread batter in a well greased 23 cm. round heat-resistant glass cake dish.

Method for Topping:

Combine brown sugar and cocoa; gradually beat into the stiffly beaten egg white. Spread this meringue over the cake batter; sprinkle chopped nuts over the top of the meringue and bake in a moderate oven at 175° C. for about 30 minutes.

MOCHA CAKE

1 large cup flour, plus	½ cup boiling water.
2 tablespoons.	2 tablespoons coffee essence.
4 large eggs.	2 teaspoons baking powder.
1 cup sugar.	½ teaspoon salt.
113 gms. butter.	

Beat eggs, adding sugar gradually till mixture is very thick — add sieved flour and salt, add essence — Melt butter in boiling water, add, and lastly fold in baking powder. Bake in two sandwich tins for 15 - 20 minutes at 205° C. — Makes large cake.

Icing:

340 gms. icing sugar.	2 tablespoons coffee essence.
113 gms. butter.	hot milk.
1 tablespoon cream.	little lemon juice.
(Thin layer apricot jam can be used as well as icing for filling).	

CHOCOLATE SWISS ROLL

4 eggs.	$\frac{1}{2}$ cup sugar.
2 tablespoons cornflour.	2 tablespoons cocoa.
$1\frac{1}{2}$ teaspoons baking powder.	

Cream the yolks and sugar well together. Add cornflour, cocoa and baking powder. Add beaten egg whites. Bake in a flat buttered and papered tin approx. 35 cm x 23 cm. 175° C. 10 minutes. Turn cake out onto a wet cloth (dipped in hot water), then roll it. When cool, unroll it and spread with whipped cream and roll up again. Sprinkle with icing sugar before serving.

MARBLE CAKE

[Suitable for Birthday Cake]

227 gms. butter.	1 dessertspoon baking powder.
$1\frac{1}{2}$ cups sugar.	$\frac{1}{2}$ teaspoon salt.
4 eggs.	$\frac{1}{2}$ cup plus 2 dessertspoons milk.
1 teaspoon vanilla essence.	$3\frac{1}{2}$ cups flour.

Mix together:

$\frac{1}{4}$ cup sugar.	$\frac{1}{4}$ cup cocoa.
3 tablespoons hot water or coffee.	

Cream butter and sugar, add 4 eggs; one at a time, and vanilla essence. Sift together flour and salt, and add, with milk, to creamed mixture. Fold in baking powder.

Divide mixture into two; to one portion add liquid cocoa. Put alternate spoonfuls into pan. Bake in large tube tin or deep 23 cms round tin. Bake in 165° C. oven for 50 - 60 minutes. Test with straw. Ice with chocolate icing, or mocha icing if coffee is used.

CHOCOLATE CHIP CHIFFON CAKE

1 cup flour.	$\frac{3}{4}$ cup castor sugar.
$1\frac{1}{2}$ teaspoons baking powder.	3 egg yolks, 4 whites.
$\frac{1}{4}$ cup salad oil.	$\frac{1}{4}$ cup plus 2 tablespoons water.
1 teaspoon vanilla.	$\frac{3}{4}$ teaspoon cream of tartar.
57 gms. grated chocolate.	

Sift all dry ingredients (except cream of tartar), make a well, add oil, unbeaten yolks, water and vanilla. Mix very smooth. In larger basin whip whites very dry — add cream of tartar — fold in flour mixture and the grated chocolate.

Bake in ungreased tube pan 165° C. for 45 minutes or until done — leave in inverted pan till cold.

Icing:

2 - 3 cups icing sugar, 1 egg, 113 gms butter, 1 dessertspoon instant coffee. Whip together till creamy.

CHOCOLATE CHIFFON CAKE

1 cup flour.	2 rounded teaspoons baking
1 cup castor sugar.	powder.
2 tablespoons cocoa.	$\frac{1}{2}$ cup oil.
$\frac{1}{2}$ cup boiling water.	

Combine above ingredients, in order given, in a mixing bowl. Separate 4 eggs and add beaten yolks, together with 1 teaspoon vanilla, to chocolate mixture. Beat 4 egg whites stiffly, fold in 1 extra teaspoon baking powder and fold into chocolate mixture.

Bake 175° C. for 20 minutes.

Fillings:

Chantilly Cream:

570 ml. sweet cream.	a few cherries and nuts.
1 small tin fruit salad.	2 teaspoons brandy.

Whip cream stiffly, drain fruit salad and cut into small pieces. Fold fruit, sliced cherries, chopped nuts and brandy into the cream. Fill and cover cake with cream mixture. Refrigerate until ready to serve.

Chocolate Icing:

3½ cups or 454 gms. sugar.	1 teaspoon vanilla.
113 gms. butter.	2 tablespoons cocoa.
2 teaspoons condensed milk.	2 tablespoons boiling water.

Beat until smooth.

CHOCOLATE CAKE

2 cups flour.	3 level tablespoons cocoa.
4 teaspoons baking powder.	1½ cups sugar.
4 eggs.	1½ cups milk.
1 teaspoon vanilla essence.	113 gms. butter.

Cream eggs, butter, sugar and milk. Sift all dry ingredients and add to above. 190° C. oven $\frac{3}{4}$ hour.

CHOCOLATE LOG

4 level tablespoons castor sugar.	2 teaspoons baking powder.
2 level tablespoons flour.	4 eggs, separated.
2 tablespoons cocoa.	

Beat egg yolks and sugar until creamy. Sift flour, cocoa and baking powder and add to eggs. Fold in stiffly beaten egg whites. Bake in tin 40 cm x 30 cm. 8-10 minutes.

Turn onto cloth. Trim ends. Cut into 2 strips. Fill with cream, nuts and chocolates. Decorate with cream, green cherries, almonds and flaky chocolate.

FRUIT CAKE

113 gms. seedless raisins.	1 cup sugar.
113 gms. sultanas.	1 cup water.
113 gms. currants.	113 gms. butter.
113 gms. mixed peel.	

Put the above ingredients into a saucepan and boil for 15 minutes.

Remove from stove and allow to cool.

When cool add:

1 beaten egg.	1 teaspoon bicarb.
1 tablespoon brandy.	$\frac{3}{4}$ cup nuts, if desired.
2 level cups flour.	1 teaspoon mixed spice.
pinch salt.	57 gms. cherries.
$\frac{1}{2}$ teaspoon ginger.	

Mix well. Bake approx. 2 hours in a slow oven.

FRUIT CAKE

226 gms. sugar.	6 eggs (well beaten).
226 gms. butter.	1 teaspoon baking powder.
340 gms. flour.	pinch salt.
454 gms. mixed fruit (198 gms. currants, 198 gms. sultanas, 57 gms. cherries).	

Beat eggs very well. Cream butter and sugar and add eggs. Mix well and add all dry ingredients. Throw fruit on top and mix well. Pour into large, greased, loaf pan. Bake: 150° C. — 10 minutes, 175-190° C. — $\frac{3}{4}$ hour, 175° C. — 50 minutes. Brush with brandy when baked.

SULTANA CAKE

2 cups flour.	156 gms. butter ($\frac{2}{3}$ cup).
$\frac{1}{4}$ teaspoon salt.	156 gms. sugar ($\frac{2}{3}$ cup).
2 teaspoons baking powder.	3 eggs.
2 cups sultanas.	2 tablespoons milk.
$\frac{1}{2}$ cup candied peel.	28 gms. nuts (optional).

Cream butter and sugar, add eggs one at a time, then milk. Add mixed fruit and sifted dry ingredients. Grease and line tin. Bake for about 1 $\frac{1}{2}$ hours 150° C.

DATE LOAF

$\frac{1}{2}$ cup dates.	142 gms. butter.
1 cup sugar.	3 cups flour.
2 teaspoons bicarb.	2 teaspoons baking powder.
2 cups boiling water.	3 eggs.
2 teaspoons vanilla.	

Cut up dates. Add bicarb. and boiling water. Allow to cool. Beat butter and sugar. Add eggs, vanilla and dates. Lastly add dry ingredients. Bake at 175° C. for 1 hour.

BAKED BOSTON BREAD

Place in a basin the following:

113 gms. butter.	1½ teaspoons bicarb.
2 cups fruit and nuts.	pinch of salt.
2 small cups sugar.	

Pour over this 2 cups boiling water and allow to cool. Add 2 beaten eggs, 4 cups flour, 2 teaspoons baking powder and beat very well. Pour into loaf tins lined with greaseproof paper and bake at 165° C. for 45 minutes.

BANANA LOAF

113 gms. butter.	2 cups flour.
½ cup sugar.	1 level teaspoon bicarb.
6 bananas.	milk to mix.
2 eggs.	

Cream butter and sugar. Add mashed bananas and then beat in eggs. Add milk and flour alternately. Lastly add bicarb. dissolved in a little milk. Pour mixture into greased loaf tin.

Oven 190° C. — 45 minutes.

GINGER CAKE

Beat together: 3 eggs, ½ cup sugar, ½ cup oil. Add 1 cup syrup and beat again.

Sift together: 2½ cups flour, 1 teaspoon mixed spice, 1 teaspoon cinnamon, 1 teaspoon ginger, ½ teaspoon nutmeg, ½ teaspoon cloves. Add alternately with 1 cup cold strong black tea.

Lastly fold in: 1 teaspoon baking powder and 1 teaspoon bicarb.

Bake 190° C. oven for 45 minutes.

SPICE CAKE

113 gms butter.	2 teaspoons bicarb.
¾ cup sugar.	2 teaspoons cinnamon.
2 eggs.	1 teaspoon mixed spice.
2 tablespoons syrup.	1 cup milk.
2½ cups flour.	

Cream butter, sugar, eggs and syrup. Add milk and dry ingredients. Lastly fold in bicarb. Bake 175° C. oven ¾ hour.

HAZEL NUT CAKE [PESACH]

5 eggs.	½ apple grated.
227 gms. hazelnuts (ground).	6 tablespoons sugar.
½ lemon.	

Beat eggs well with sugar, add hazelnuts, juice of lemon and grated apple. Bake in springform tin, 175° C. about 40 minutes.

Ice with water icing, decorate with hazelnuts. Serve with cream.

STREUSEL KUCHEN

170 g. butter.	2 cups flour.
3 teaspoons baking powder.	pinch salt.
$\frac{3}{4}$ cup milk.	4 large eggs.
$\frac{3}{4}$ cup sugar.	

Cream butter and sugar, add eggs, beating well. Add milk alternately with flour, salt and baking powder. Pour into greased tin (either one oblong or 2 round tins). Sprinkle with the following topping:

TOPPING: $\frac{1}{2}$ cup flour, 57 gms. butter, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 teaspoon sugar.

Rub butter into flour, cinnamon, sugar and ginger. Sprinkle over cake or cakes. Bake 190° C. for 40 minutes for large cake and 20 minutes for 2 cakes.

SAND CAKE

113 gms butter	2 heaped teaspoons baking
1 $\frac{1}{2}$ cups castor sugar.	powder.
3 eggs.	$\frac{2}{3}$ cup milk and water.
1 $\frac{1}{2}$ cups flour.	$\frac{1}{2}$ teaspoon essence.
$\frac{1}{2}$ cup cornflour.	1 cup chopped nuts.
Cinnamon sugar (1 teaspoon cinnamon to $\frac{1}{2}$ cup sugar).	

Cream butter and sugar well. Add well-beaten egg yolks gradually, mixing all the time. Add sifted dry ingredients alternately with milk and water mixture. Add flavouring and lastly fold in stiffly beaten egg whites. Grease tin and pour in half of mixture. Sprinkle with half walnuts and $\frac{1}{2}$ cinnamon sugar. Pour in remaining half of batter, then balance of nuts and cinnamon sugar.

Bake 205° C. for 45 minutes.

PINEAPPLE CREAM CAKE

4 eggs, separated.	Nuts and chocolate vermicelli.
1 cup sugar.	1 teaspoon vanilla.
$\frac{1}{4}$ cup water.	1 $\frac{1}{4}$ cups flour.
red and green cherries.	1 teaspoon baking powder.
1 small tin pineapple chunks.	290 mls - 570 mls. cream.

Beat egg yolks till light. Add sugar slowly and beat until creamy. Add water and vanilla. Fold in flour and baking powder gently with a rubber spatula or metal spoon. Fold in stiffly beaten egg whites. Bake in 20 cm pans 175° C. for 20 minutes.

When cool fill with sweetened whipped cream and pineapple chunks. Pile top with cream, decorate with pineapple, cherries, nuts and chocolate vermicelli.

VANILLA FRIDGE CAKE OR DESSERT

1 packet vanilla instant pudding.	1 $\frac{1}{2}$ packets tennis biscuits.
1 cup milk.	1 cup cream.

Beat pudding with milk and cream. In a square dish place layer of tennis biscuits, top with layer of pudding and continue with layers until finished. Decorate with flaky chocolate, cherries and cream.

DEVONSHIRE CREAM

4 eggs.	4 tablespoons cream.
1 tea cup sugar.	2 teaspoons baking powder.
vanilla flavouring.	1 cup flour.

Beat egg yolks and sugar well, add cream, flour and baking powder. Fold in stiffly beaten egg whites. Bake in moderate oven 190° C. for 20 minutes. Fill with cream and cover top of cake with chocolate icing.

Chocolate Icing

1 teaspoon butter.	little hot milk.
1 dessertspoon icing sugar.	2-3 teaspoons cocoa.

SPONGE CAKE

4 eggs.	2 cups flour, salt.
1 cup sugar.	2 teaspoons baking powder.
57 gms. butter.	7 tablespoons boiling water.

Beat eggs and sugar till light and frothy. Boil butter and water, add to egg and sugar mixture. Sift together flour, salt and baking powder and add. Bake in 2 sandwich tins. 175-190° C. oven for 20 minutes.

Fillings:

1. Cream and strawberries.
2. Cut each cake into two and fill with instant pudding. Put the two together with cream. For the top, make a chocolate icing to pour over and let it drip down the sides.
3. Jam together and sprinkle icing on top.

DREAMY SPONGE

Whisk 3 large eggs with 113 gms. castor sugar until thick. Fold in 85 gms. well-sifted flour with $\frac{1}{2}$ teaspoon baking powder. Add 1 tablespoon boiling water, and 28 gms melted butter. Bake in two 18 cm. pans 10-15 minutes. Set oven 245° C. reset to 220° C. when cake is placed in oven.

TWELVE-MINUTE SPONGE

1½ cups flour.	1 teaspoon vanilla essence.
$\frac{3}{4}$ cup sugar.	2 teaspoons baking powder.
57 gms. butter.	6 tablespoons milk.
3 eggs.	pinch salt.

Cream sugar and eggs very well. Add flour, salt and vanilla essence. Boil milk and butter and gradually add to mixture, AFTER the baking powder has been added.

Bake 205° C. oven 12 minutes for sandwich tins. 20 minutes for large tin. Can also be used as a base for flan.

Variations on above recipe:

Two tablespoons coffee essence together with vanilla.

Two tablespoons dry cocoa together with vanilla.

Grated orange rind.

SOUR CREAM CAKE

Cream 1 cup butter with $1\frac{1}{4}$ cups castor sugar. Add 3 eggs one at a time and beat well. Sift together and add:—

3 cups flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	2 teaspoons bi-carb.

Add:

1 cup sour cream.	1 teaspoon vanilla essence.
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Sprinkle top with sugar, nuts and cinnamon. Bake 205° C. oven 45 minutes.

BUTTER CAKE

113 gms. butter.	2 teaspoons baking powder.
1 cup sugar.	pinch salt.
2 cups flour.	$\frac{3}{4}$ cup milk.
2 eggs.	$\frac{1}{4}$ cup water.
$\frac{1}{2}$ teaspoon lemon essence.	

Cream butter and sugar very well. Add egg yolks and essence then flour and milk mixed with water, alternately. Fold in stiffly beaten whites. Lastly add baking powder. Bake in two sandwich tins. 190° C. oven, 45 minutes.

SWISS ROLL

6 egg whites.	$\frac{1}{2}$ of lemon (juice).
1 cup castor sugar.	1 cup flour.
6 yolks.	1 teaspoon baking powder.

Beat whites with castor sugar until stiff. Mix yolks with juice of $\frac{1}{2}$ lemon and add to white mixture. Add flour and baking powder. Bake at 190° - 205° C. for 10 - 20 minutes. When baked and still hot turn out onto damp serviette which has been sprinkled with sugar, spread with desired filling and roll up. (If cream filling is used, roll swiss roll while hot, unroll when cool, fill and re-roll.)

SWISS ROLL

3 eggs.	$\frac{1}{2}$ cup boiling water.
$\frac{3}{4}$ cup sugar.	$\frac{1}{2}$ teaspoon lemon essence.
3 ozs. butter.	2 teaspoons baking powder.
1 cup flour.	pinch salt.

Beat eggs and sugar well. Add lemon essence. Boil butter with water. Sift flour with salt. Add butter mixture to eggs and sugar, fold in flour and lastly add baking powder.

Bake 190° C. for 15 to 20 minutes.

Turn onto dampened (well rung-out), sugared dish cloth.

Spread jam, trim and roll.

FLAN CAKE

Beat 2 eggs and $\frac{1}{2}$ cup sugar well. Add 1 teaspoon vanilla. Fold in 1 cup sifted flour, 1 teaspoon baking powder and pinch salt. Lastly add $\frac{1}{2}$ cup milk and 3 tablespoons oil, boiled together. Stir gently to mix thoroughly. Fill well-greased flan tin two-thirds. Bake 220° C. oven, 12 - 15 minutes.

MADEIRA CAKE

227 gms butter.
1 cup sugar.
4 eggs.
¼ cup milk.

1 heaped cup flour.
½ cup cornflour.
1 teaspoon baking powder.
few drops lemon essence.

Cream butter and sugar well. Add eggs one at a time. Then add salt and flavouring. Sift flour and cornflour together and add to mixture, alternately, with milk. Lastly, add baking powder. Bake in a large greased tin at 175-205° C. for about 40 minutes.

PINEAPPLE COCONUT CAKE

1 small tin pineapple pieces.
2½ cups flour.
½ teaspoon salt.
3 teaspoons baking powder.
113 gms butter.

1 cup sugar.
4 eggs, separated.
1 teaspoon vanilla.
1 cup coconut.

Drain and chop pineapple. Fill 1 cup loosely with pineapple, filling in with juice. (Save remainder for icing.).

Cream butter and sugar well. Add yolks, then pineapple and vanilla. Add sifted dry ingredients, then stir in coconut. Lastly fold in stiffly beaten egg whites and baking powder. Bake in 20 cm or 22.5 cm. tube pan. Bake 190° C. for 35 - 45 minutes. Allow to cool in tin 10 minutes, then turn out.

When cool, ice with pineapple butter icing and decorate with toasted coconut and pineapple pieces.

Pineapple Butter Icing:

227 gms icing sugar.
1 tablespoon melted butter.
Mix well.

2 tablespoons pineapple juice.

FINGER-BISCUIT CAKE

Mix together:

1 cup milk.
4 tablespoons wine.

2 teaspoons icing sugar.

Dip finger biscuits in mixture one by one, lift out and place in dish.

Whip 290 mls. cream with 2 level teaspoons icing sugar, 3 teaspoons cocoa, 1 teaspoon drinking chocolate. Pour over biscuits and put in fridge, to chill.

BUTTER ICING

Basic:

$\frac{1}{2}$ cup butter.

$1\frac{1}{2}$ cups icing sugar.

flavouring.

cream or milk.

Cream butter, and sifted sugar. Add cream or milk until the right consistency.

Orange Icing:

Add orange juice, instead of milk, and grated rind of 1 orange.

Chocolate Icing:

Add 42 gms. melted plain chocolate and $\frac{1}{2}$ teaspoon vanilla.

Coffee Icing:

Add $1\frac{1}{2}$ - 2 tablespoons strong coffee.

Mocha Icing:

Add 1 teaspoon coffee, 1 teaspoon cocoa mixed with 2 tablespoons water.

Mint Icing:

Add a few drops of oil of peppermint and a few drops green colouring. Grated peppermint crisp may be sprinkled on top.

CHOCOLATE ICING

(For biscuits or to be poured over cakes.)

Melt 1 tablespoon butter with 3 tablespoons cocoa. Add unbeaten white of egg mixed with $\frac{3}{4}$ cup icing sugar. Add to cocoa and stir until smooth. Pour over cake or biscuits while still hot.

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WINES

There are five main kinds of wine — appetizers; white table wine; red table wine; sparkling; dessert.

THE WINE MENU:

With all the fine quality wines of the Cape at your disposal, learn to choose and serve them so that they blend properly at table with each course.

Here are the general principles:

Before the meal	Sherry, dry or medium; Vermouth.
With fish	Dry white wine.
With entrées	A light red or white; or a rosé wine.
With poultry and white meat ..	A fine dry white wine; or perhaps a light-bodied red with poultry such as turkey.
With red meat	A good full-bodied red wine.
With sweets, desserts, fruit ..	A sparkling wine.
To conclude meal	A well-matured rich port or sweet dessert wine of the port or muscatel varieties.
After the meal with coffee ..	A liqueur, or well matured Brandy.

CHOICE OF GLASSES:

Wine lovers know that the glass should be chosen to delight the lips, as well as the eyes of their guests.

The connoisseur prefers fine plain glasses to those fancifully cut or etched; and holds that on no account should wine glasses be coloured.

A range of four or five plain wine glasses — crystal clear for colour appreciation and straight up or tulip-shaped for bouquet — is sufficient for most occasions. Differing mainly in size they befit the sherry, the red and white, the port, the sparkling and the liqueur.

Wine glasses should always have a stem; and should be held by the base or stem when drinking in order that the colour may not be obscured nor the temperature affected.

COOKING WITH WINE

Cooking with wine is a pleasant art long practised in older lands. Simple, once the principles are grasped; and economical, with the wines of the Cape. It adds delicious new relish to ordinary food. All alcohol disappears in the cooking but delicate flavours remain.

Never need expensive wines be used by the chef. Any sound, and not soured table wine is as good as a vintage bottle in the kitchen. Sherries for trifles, or for last minute addition to soups, may be an exception.

If any table wine is left over from a meal and if a thin film of salad oil is poured over it in the bottle, then that wine, with the bottle re-corked, will last a long time for your cooking purposes and be found an excellent ready-to-hand aid in the kitchen.

Sometimes, as the recipes will disclose, the wine is added during cooking; at other times, to the cooked dish. In all cases, your own experimenting with quantities and procedures will produce exactly the flavour that your taste judges best. As with all other savours and zests, wine can be over-done. Be judicious; aim at the delicate, not the overpowering.

For marinating, too, your red or white wine proves invaluable. Before grilling a steak, soaking in wine for an hour or two can work wonders. Lamb chops too; or liver.

Any meats inclined to be tough or stringy can be rendered tender, as well as more tasty, by a few hours marinating in wine, red or white; and the wine can be mixed with vinegar for stronger action.

In your wine cooking avoid fierce heats and much boiling; and keep the lid on to retain delicate wine flavour.

(With acknowledgements to the Public Relations Department of Die Ko-operatiewe Wijnbouwers Vereniging van Zuid-Afrika Beperkt).

USEFUL HINTS

Always warm wine before adding to hot food — it won't interrupt cooking or coagulate fat.

If a cork is too large to cork a bottle, do not attempt to trim with knife; place in boiling water for a few minutes and it will fit easily.

In hot weather, do not hesitate to mix soda water with ordinary wine for a refreshing outdoor drink — it's an age-old custom in Europe.

To remove ring stains left on polished wood by bottles or glasses, rub well with a damp cloth dipped in cigarette ash. Then — re-polish.

Rinse glassware in warm water with a little ammonia added to it. This will make the glass sparkling bright.

In really hot weather try chilling the dry or medium sherry before serving it as an appetizer.

Although you may cook food with wine in aluminium pots, do not marinate in aluminium — use porcelain, enamel or glass dishes for marinating.

When liquor is spilt on a carpet, sponge the mark at once with a cloth wrung out in luke-warm water and soapsuds. Don't soak it. Then wipe off with clean damp cloth brushing up the pile while still damp.

When pouring hot drinks into glasses, either warm the glasses first or place a spoon in the glass.

To remove wine stains from linen, stretch portion over a bowl (securing with a rubberband); sprinkle with salt; pour boiling water from height of 60 to 90 cm.

With unwashable fabric; sprinkle with cornflour or Fuller's earth; wait for absorbing; brush off; repeat.

Always allow wine to rest in the bottle after a journey or jolting.

Curry kills any table wine; but a sweet fortified muscatel wine can be sipped with it.

(With acknowledgements to the Public Relations Department of Die Ko-operatiewe Wijnbouwers Vereniging van Zuid-Afrika Beperkt.)

ANNIVERSARIES

First year	Paper
Second year	Calico
Third year	Leather
Fourth year	Silk
Fifth year	Wood
Sixth year	Iron
Seventh year	Wool
Eighth year	Bronze
Ninth year	Pottery
Tenth year	Tin
Fifteenth year	Crystal
Twentieth year	China
Twenty-fifth year	Silver
Thirtieth year	Pearl or Ivory
Thirty-fifth year	Coral
Fortieth year	Ruby
Forty-fifth year	Sapphire
Fiftieth year	Gold
Fifty-fifth year	Emerald
Sixtieth year	Diamond
Seventy-fifth year	Diamond

Candy Corner

FRIANDISES

Glacé Syrup:

$\frac{1}{2}$ cup water.

1 cup sugar.

good pinch cream of tartar.

Mix the above ingredients in small pot and stir. Boil very rapidly, but don't stir again. When syrup turns golden brown in centre, remove from stove. Dip fillings in quickly and place on oiled pan to dry.

Fillings:

Naartjie segments, cherries, grapes, nuts, marzipan, etc.

NAARTJIE PEEL SWEET

6 naartjies.

1 glass water.

1 glass sugar.

juice of 2 oranges.

$\frac{1}{2}$ jar honey.

squeeze lemon.

1 coffee cup toasted almonds or walnuts.

Remove skin from fruit and put skin in water to boil for 20 minutes. Remove boiling water and pour cold water. Leave in cold water for 3 days changing water every day.

Syrup:

Place water, sugar, honey, orange and lemon juice in a pot and bring to boil. Strain the naartjie peel and add to syrup in the pot and leave to simmer till syrup becomes sticky.

FUDGE

4 cups sugar.

1 tin condensed milk.

$\frac{3}{4}$ cup cold water.

2 tablespoons syrup.

vanilla and almond essence.

2 tablespoons butter.

Boil sugar, water, syrup and butter together until it spins a thread; add condensed milk and boil until it leaves the sides of the pot. Take off, add essence and pour onto a buttered and greaseproofed dish.

COCONUT ICE

2 cups sugar.

vanilla and almond essence.

1 cup milk.

cochineal.

$\frac{1}{4}$ teaspoon bicarb.

approx. 227 gms. coconut.

Boil sugar and milk together. Test until forms a thread. Take off stove and add bicarb. Boil quickly. Remove from stove and add about 1 teaspoon of butter, then coconut. Add essence. Pour onto grease-proof paper.

RUM TRUFFLES

Bring to boil:

57 gms. butter, 2 tablespoons syrup, 2 rounded teaspoons castor sugar.

Remove immediately from stove.

Add 2 level tablespoons cocoa, 5 heaped tablespoons Rice Krispies, 4 tablespoons coconut, ½ teaspoon rum essence.

Allow to cool in fridge, Rub hands with butter. Roll into small balls and then into chocolate vermicelli. Put into small cases in fridge.

HALVA

[An Israeli traditional sweet]

4 egg whites.

1¼ cups sugar.

½ cup honey.

227 gms. chopped nuts.

Add egg whites to sugar and place in double boiler over cold water, bring to boil, beating constantly with egg beater till thick. Add ½ cup HOT honey and continue beating for 10 minutes till thick. Add nuts and remove from stove.

Place in greased tin and press down well.

Cool and serve the following day.

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HEALTH SECTION

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BENONI BRANCH COMMITTEE

ABBREVIATIONS

Tsp — Teaspoon
T — Tablespoon
C — Cup
Pkg — Cup
Pkg — Package
W.W. Whole Wheat



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CAKES

STRUSEL COFFEE CAKE

Mix together: 2 tablespoons WW Flour, ½ cup well-packed brown sugar, 2 tablespoons butter or margarine. When well mixed, add ½ cup black walnuts. This is the filling and topping.

Stir together 1½ cups sifted WW flour, 1½ teaspoons baking powder, ½ teaspoon salt, ½ teaspoon nutmeg, and ⅓ cup powdered milk. Cut ¼ cup butter or margarine into the flour until it is fine. Stir ¼ cup black walnuts into the flour.

Mix together 1 large egg, ½ cup milk, ½ cup well-packed brown sugar, and 1 teaspoon vanilla. Add liquids all at once to dry ingredients, stirring only until flour is moistened. Spread half of the dough into a well-greased 200 mm x 200 mm x 25 mm glass baking pan. Sprinkle with half of the filling. Spoon the rest of the dough in evenly, and sprinkle the rest of the filling over the top. Bake at 190° C for 25 to 30 minutes. Cool.

Variations: Cinnamon Streusel: Omit all black walnuts. Add 2 teaspoons cinnamon and ½ cup pecans to filling and topping mixture. **Wheatless:** Substitute ¾ cup each sifted brown rice flour and oat flour in place of the 1½ cups WW flour. Also, substitute 2 tablespoons rice flour for the 2 tablespoons WW flour.

SOUR CREAM COFFEE CAKE

Cream together: ½ cup butter or margarine, 1 cup well-packed brown sugar, and 1 tablespoon vanilla. Beat 2 eggs into the creamed mixture. Add 1 cup sour cream, 1½ cups sifted WW flour and 2 teaspoons baking powder. Mix all thoroughly. Spoon a third of this dough into a greased and floured bundt pan. Sprinkle a third of the following mixture over the dough: ½ cup well-packed brown sugar, 2 teaspoons cinnamon and ½ cup broken pecans. Repeat this procedure until all the dough and cinnamon mixture is in the pan. Bake at 175° C for 45 minutes. Allow to cool in pan 5 minutes. Then remove.

FRESH APPLE CAKE

Mix: 1½ cups oil (room temperature), 2 cups well-packed brown sugar, 2 large eggs, and 1 teaspoon vanilla. Beat well until creamy smooth.

Stir together: 2½ cups sifted WW flour, 1 teaspoon salt and 1 tablespoon baking powder. Add dry ingredients to creamed mixture in small amounts, beating well each time. Finish by hand, as this mixture will be very thick. Fold in 1 cup black walnuts and 3 cups chopped raw apples. Bake in greased 225 mm x 325 mm glass baking dish at 175° C. for 55 to 60 minutes. Chill. Serve with whipped cream or ice with Jelled Whipped cream.

RAISIN COFFEE CAKE

Combine: 2½ cups sifted WW flour, 1½ teaspoons cinnamon, ½ teaspoon nutmeg, ¾ teaspoon salt, 2½ teaspoons baking powder and 1 cup firmly packed brown sugar, using back of spoon to crush sugar lumps. Cut in ¾ cup butter or margarine. Set aside 1 cup of this mixture for topping. Add 1 cup raisins to the rest of the flour mixture. Beat 1 cup buttermilk, 1 egg and 1 teaspoon vanilla and stir into flour until it is just moistened. Pour into greased 225 mm glass cake pan and sprinkle with topping. Bake at 190° C for 35 to 40 minutes, or until brown and done on top. Serve warm. **Wheatless:** Substitute 1¼ cups each sifted brown rice flour and oat flour in place of WW flour. Also add an extra egg. Allow the wheatless coffee cake to cool before cutting.

LITTLEST ANGEL CAKE

(Chiffon WW Cake)

Mix: 1 cup sifted WW flour with $\frac{3}{4}$ cup well-packed brown sugar using the back of the spoon to crush and mix sugar lumps. Put mixture into sifter. (Do not use a double sifter).

Beat together $1\frac{1}{2}$ cups egg whites, $1\frac{1}{2}$ teaspoons cream of tartar, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla and $\frac{1}{2}$ teaspoon almond flavouring until stiff but still glossy. Add $\frac{3}{4}$ cup well-packed brown sugar in 3 parts, beating well each time. Use a large spoon in a folding action to make sure everything is mixed well. Fold in flour with the large spoon, sifting a little over the top and gently folding in. Pour into ungreased angel food cake pan, smoothing the top. Bake at 190 for about 35 minutes. Touch the top gently to see if cake is done. Invert pan and cool completely. Then remove from pan.

Variations: Ice with Jelled Whipped Cream, plain or chocolate, or serve with fruit and whipped cream. You may fill the cake with Jelled Whipped Cream. Slice a thin layer off the top, then hollow out the centre. Fill and cover again with the top slice. Chill and serve. Omit almond flavouring and increase vanilla to $1\frac{1}{2}$ teaspoons. Substitute $\frac{1}{4}$ cup cocoa (or carob powder) for an equal amount of flour, and omit almond flavouring. Substitute $\frac{1}{2}$ cup each sifted brown rice flour and oat flour in place of WW flour.

WHOLEWHEAT CREAM PUFFS

Melt $\frac{1}{2}$ cup margarine in 1 cup boiling water. Bring to the boil. Add 1 cup wholewheat flour and $\frac{1}{4}$ teaspoon salt all at once, stirring vigorously over low heat till smooth and till it forms a ball that follows the spoon around the pan. Cool by putting the pot into cold water. Add 4 eggs, one at a time, beating each egg in well, until mixture is smooth and shiny. Drop batter onto greased cookie pan. Bake at 230° C for 15 minutes, then at 165 for 25 minutes. When cool, fill with cream and top with a chocolate glaze icing if desired.

FRUIT CAKE

With a little care, this cake can be made without baking powder. The eggs are enough leavening. It is important to have very large fresh eggs. Beat well and fold lightly. The baking powder was added to insure success.

Prepare 3 small 190 mm x 90 mm x 60 mm fruitcake loaf pans, greasing and lining with wax paper. Measure all ingredients before mixing. Beat 4 large egg whites and $\frac{1}{8}$ teaspoon salt in large bowl of mixer until stiff. Continue beating through next 4 steps. Add 4 egg yolks. Pour in $\frac{1}{2}$ cup boiling water. Add gradually $1\frac{1}{3}$ cup well-packed brown sugar. Pour in $\frac{1}{2}$ cup oil slowly. Then add the juice of one lemon. Mix together $1\frac{3}{4}$ cups sifted WW flour, $1\frac{1}{2}$ teaspoons cinnamon and $1\frac{1}{2}$ teaspoons baking powder. Fold flour into egg mixture with a large spoon. Sift a little flour over the batter and fold in lightly. Continue this until all the flour is folded in. Mix $\frac{1}{4}$ cup WW flour, 2 cups chopped dates, 2 cups raisins and 2 cups broken pecans. (Use candied fruit if desired). Fold fruit and nuts into the batter and pour into prepared pans. Bake at 175° C for about an hour. Touch the top gently to see if the cake is done cool in pans for 5 minutes, then remove to racks to finish cooling. Store in refrigerator. Do not cut for a week or more, as flavour will develop in the cake and it will also be easier to cut **Variation:** Substitute half brown rice flour and half oat flour in place of WW flour.

DATE — NUT HONEY CAKE

Make Honey Cake batter (page 145) reserving 1 heaping tablespoon of the flour to mix with the dates. Add 1 cup each chopped dates and broken pecans. Pour into greased, wax paper lined 225 mm x 325 mm glass baking pan. Bake at 175° C for 40 to 45 minutes. Serve with whipped cream or ice with Jelled Whipped Cream.

SPICE CAKE

With a little care, this cake can be made without baking powder. The eggs are enough leavening. It is important to have very large fresh eggs. Beat well and fold lightly. The baking powder was added to insure success.

Measure all ingredients before mixing. Prepare three 200 mm or two 225 mm layer cake pans, greasing and lining with wax paper. Beat 4 large egg whites and $\frac{1}{8}$ teaspoon salt until very stiff in large bowl of mixer. Continue beating through next 4 steps. Add 4 egg yolks. Pour in $\frac{1}{2}$ cup boiling water. Add gradually $1\frac{1}{3}$ cups well-packed brown sugar. Pour in $\frac{2}{3}$ cup oil slowly. Mix together 2 cups sifted WW flour, $1\frac{1}{2}$ teaspoons cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon cloves and $1\frac{1}{2}$ teaspoons baking powder. Fold flour into egg mixture with a large spoon. Sift a little flour over the batter and fold in lightly. Continue this until all the flour is folded in. Pour into prepared cake pans. Bake at 175°C for about 30 minutes. Touch the top gently to see if it is done. Cool 5 minutes in pans, then turn out on cake racks to finish cooling. Spread brown sugar frosting between cake layers, on sides, and edges of the top and Spice Cake Filling on top of cake. **Variation:** Substitute 1 cup each sifted brown rice flour and oat flour in place of WW flour.

Spice Cake Filling: Mix $\frac{1}{4}$ cup cooked, drained raisins, 1 tablespoon raisin juice, $\frac{1}{4}$ cup firmly-packed brown sugar, 2 teaspoons WW flour or rice flour, $\frac{1}{2}$ cup broken pecans and 2 tablespoons butter. Bring to a good boil, stirring constantly. Spread immediately on cake. Let cool while making frosting for the rest of the cake.

CHOCOLATE CAKE

Measure all ingredients before mixing.

Prepare three 200 mm layer cake pans, greasing and lining with wax paper. Cream 1 cup butter and 2 cups well-packed brown sugar in large bowl of mixer until fluffy. Add 2 eggs and beat well. Sift together $2\frac{1}{2}$ cups sifted WW flour and $\frac{1}{2}$ cup cocoa. Mix 1 cup buttermilk with 1 teaspoon vanilla. Add flour and buttermilk alternately to creamed mixture, starting and ending with flour. Add 2 teaspoons soda, then $\frac{7}{8}$ cup boiling water all at once. Mix. Pour immediately into prepared cake pans. Bake at 175°C for 30 minutes. Do not open the oven door during the 30 minutes. Touch top of cake gently to see if it is done. If not, turn oven off and let cake stay in oven a few minutes more. Remove from oven, cool 5 minutes in pans, and turn out onto cake racks to finish cooling. Ice with 2 recipes of Brown Sugar Frosting — using 1 recipe of chocolate between layers and 1 recipe of plain for sides and top. **Wheatless:** Substitute $1\frac{1}{4}$ cups each sifted brown rice flour and oat flour in place of WW flour. Also, reduce the $\frac{7}{8}$ cup boiling water to $\frac{3}{4}$ cup.

HONEY PRUNE CAKE

Mix 2 cups sifted WW flour, 1 teaspoon baking powder, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ teaspoon nutmeg.

Beat together $\frac{1}{2}$ cup softened butter or margarine, $\frac{3}{4}$ cup mild-flavoured honey and $\frac{1}{2}$ teaspoon vanilla. Add 2 eggs and beat well. Stir 2 cups cooked, seeded, cut-up prunes into the honey mixture. Add half of the flour mixture and mix well. Mix in $\frac{1}{4}$ cup juice from the prunes. Add 1 cup broken pecans to the remainder of the flour, add to the batter and mix well. Pour into greased and floured bundt pan, smoothing the top. Bake at 175°C for about 55 minutes. Do not cut for 24 hours. Serve plain or with whipped cream.

Variation: Substitute 1 cup each sifted brown rice flour and oat flour in place of WW flour.

BREAD, SCONES, CRUMPETS AND MUFFINS

WHOLEWHEAT BREAD

Tin measurement 24 cm x 14 cm x 7½ cm

6 cups Rific WW flour

3½ cups lukewarm water

5 teaspoons dry yeast

1 tablespoon oil

1 teaspoon sea salt

1 tablespoon molasses or honey

Sprinkle yeast and salt into water. Stir in honey or molasses. Using a wooden spoon stir the liquid into the flour gently until well mixed. Put the dough into an oiled bread tin which has been warmed in the oven warmer. Place tin back in the warmer and let rise for 40 minutes. Bake at 205° C for 1 hour. Turn out and let cool on a wire rack. Makes 2 loaves of bread.

YOGHURT WHOLE WHEAT BREAD

Bowl 1.

4 cups Nutty Wheat

1 teaspoon salt

1 teaspoon bi-carb

Bowl 2.

500 ml drinking plain yoghurt

12,5 ml honey

5 ml oil

Mix all ingredients together.

Bake at 190° C for 1 hour.

Optional:

Add 1 handful sesame seeds

1 handful sunflower seeds

1 handful bran

to the mixture

Bake in a loaf tin and sprinkle some seeds on top.

WHOLEWHEAT BREAD

5 cups Rific flour

1 cup nutty wheat

1 tablespoon salt

1 tablespoon molasses

1 tablespoon oil

4 cups lukewarm water

5 teaspoons dry active yeast

Method:

1. Place flour in bowl 1.
2. Mix water, oil, salt, molasses and yeast in bowl 2.
3. Pour bowl 2 into bowl 1 and mix.
4. Pour into well greased tins (2) and leave in warmer for 1 hour (cover with newspaper).
5. Bake at 205° C. for 1 hour. Sprinkle sesame seeds and sunflower seeds on top.

WHOLEWHEAT ROLLS OR PIZZA

Use mixmaster for mixing and kneading.

1. Crumble $1\frac{1}{2}$ cakes yeast into bowl.
2. Add: 1 egg, 5 ml salt, 25 ml brown sugar, 500 ml warm water, 87,5 ml sunflower seed oil.
3. Beat until light and fluffy.
4. Slowly add 5 cups wholewheat flour — or nutty wheat flour.
5. When well mixed cover bowl with cloth and leave in fridge overnight.
6. Make into shapes next day — brush with egg — sprinkle sesame seeds — leave to rise in warmer for 1 hour.
7. Bake at 220°C for 12 to 15 minutes.

BREAD STICKS

Mix 4 cups stirred wholewheat flour and 1 tablespoon salt. Mix $\frac{1}{2}$ cup oil, 1 cup milk and 3 tablespoons brown sugar or honey. Add to dry ingredients. Knead a little and roll in sticks the size of your little finger. Bake on an ungreased cookie sheet at 190°C until lightly browned or about 20 minutes.

WHOLEWHEAT MUFFINS

Mix $1\frac{2}{3}$ cups sifted wholewheat flour. 2 teaspoons baking powder. $\frac{1}{2}$ teaspoon salt.

Beat together: $\frac{3}{4}$ cup milk or 1 cup buttermilk, 1 egg, $\frac{1}{3}$ cup oil, 2 tablespoons honey or brown sugar

Method:

1. Make a well in dry ingredients.
2. Add liquids all at once — stir only until flour is moistened. Batter will be lumpy. Bake in greased cookie tin at 205°C for about 25 minutes.

Variation: Substitute 1 cup oat flour plus $\frac{2}{3}$ cup brown rice in place of wholewheat flour.

BUTTERMILK BRANFLAKE MUFFINS

- (a) **Mix together:** $1\frac{1}{2}$ cups Bran flakes, 1 cup buttermilk, 1 egg, $\frac{1}{4}$ cup oil, $\frac{1}{4}$ cup well-packed brown sugar.
- (b) **Mix together:** $\frac{3}{4}$ cup wholewheat flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt.
- (c) **Stir** $\frac{2}{3}$ cup raisins into flour, $\frac{1}{3}$ cup broken pecans (optional).
- (d) **Add** flour to first mixture — stirring only until flour is moistened.
- (e) Grease muffin tin.
- (f) Bake at 190°C for about 30 minutes.
Makes 12 muffins.

NUT BREAD

Stir together: 2 cups sifted wholewheat flour, $2\frac{1}{2}$ teaspoons baking powder, $\frac{3}{4}$ teaspoon salt. Mix 1 cup broken pecans into flour.

Beat together $\frac{1}{2}$ cup oil, $\frac{3}{4}$ cup mild-flavoured honey, 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon vanilla. Stir dry ingredients into liquids until well mixed. Pour into greased wax paper lined loaf pan. Bake at 175°C for 50 to 60 minutes. Honey burns easily. Watch carefully during the baking period.

Variations: For nut bread that is less sweet, reduce honey to $\frac{1}{2}$ cup, increase salt to $1\frac{1}{4}$ teaspoons increase milk to $\frac{2}{3}$ cup and omit vanilla. Substitute 1 cup each sifted brown rice flour and oat flour, for the wholewheat flour.

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BANANA NUT BREAD

Cream $\frac{1}{2}$ cup softened butter or margarine with 1 cup well-packed brown sugar. Mix in 1 egg, 3 tablespoons milk and 1 cup mashed bananas (very ripe for flavour).

Stir together: 2 cups sifted wholewheat flour, $2\frac{1}{2}$ teaspoons baking powder and $\frac{3}{4}$ teaspoon salt. Add to banana mixture. Beat well. Add 1 cup broken pecans. Pour into greased, wax paper lined loaf pan. Bake at 175°C for 50 to 60 minutes.

Variation: Substitute 1 cup each sifted brown rice flour and oat flour in place of wholewheat flour. Also add another egg and omit milk.

ORANGE AND NUT TEA BREAD

90g (225ml) Hazel nuts
1 orange
230g smooth cottage cheese
180g (225ml) soft brown sugar
3 eggs
90g ground almonds
150g wholewheat flour
5ml baking powder
12,5ml honey
3ml salt

Method: Blend cottage cheese and brown sugar. Add eggs and beat into cheese mixture. Grate orange rind into mixture. Mix baking powder, salt and flour and almonds and **fold** into mixture. Grease loaf tin — spoon mixture in — sprinkle remaining hazelnuts on top. Bake 180°C for 1 hour and 10 minutes. Place rest of orange peel in pot — cover with water. Boil about 3 minutes until soft — drain and mix with honey. When cool — brush with mixture.

HOT CHEESE HERBED SCONES

260g (500ml) wholewheat flour.
10ml baking powder
2ml salt
pinch kelp powder
25ml margarine
50ml grated cheese
3ml dried marjoram
25ml buttermilk or sour cream

Method: Sift together flour, baking powder, salt and kelp. Rub in margarine. Stir in cheese and marjoram. Mix to dough with buttermilk. Form into a round 2cm thick and cut into 4 pieces. Place on greased baking sheet. Bake for 10-12 minutes at 220°C .

NUTTYWHEAT CHEESE SCONES

2 teaspoons baking powder, 1 cup nuttywheat flour, 1 cup grated Cheddar cheese, 57g butter or margarine, 1 egg beaten with milk to make up $\frac{3}{4}$ of a cup. Sift dry ingredients. Rub in grated cheese and butter. Add egg and milk. Bake in muffin or patty pans for 10-15 minutes at 200°C .

APPLE PANCAKES

Mix together 1 cup sifted wholewheat flour, 1 teaspoon baking powder, 1/8 teaspoon salt, 1/4 teaspoon cinnamon, 1/8 teaspoon cloves

Cut in 3 tablespoons butter or margarine

Beat together 1 egg, 1/3 cup milk, 2 tablespoons powdered milk, 1/2 cup applesauce. Add to flour, mixing until moistened. Bake on ungreased or lightly greased heavy pan. Make fruit syrup, using apple juice with a little lemon juice.

Variation: Substitute 1/2 cup each sifted brown rice flour and oat flour in place of wholewheat flour.

CRUMPETS

300ml wholewheat flour

250ml honey crunch

25ml baking powder

5ml salt

1 large egg beaten

12,5ml honey

12,5ml oil

125ml water

200ml milk

Mix dry ingredients. Beat egg with oil, honey, water and milk and add to dry ingredients and mix well. Spoon onto very hot lightly oiled heavy pan and cook until brown on both sides.

BISCUITS : OLD-FASHIONED OATMEAL COOKIES

Cream 1/2 cup butter or margarine with 1/2 cup well-packed brown sugar until fluffy. The texture of your cookies depends on creaming well.

Beat in 2 eggs and 2 tablespoons water.

Mix together 1 cup sifted wholewheat flour, 1/2 teaspoon cinnamon, and a pinch of salt. (1 teaspoon baking powder is optional).

Add flour to creamed mixture and mix well.

Add 1 cup rolled oats, 1/2 cup raisins and 1/2 cup broken pecans.

Drop by teaspoonsful on ungreased cookie sheet.

Bake at 190° C for about 15 minutes, or until lightly browned.

Wheatless: Substitute 1/2 cup each sifted brown rice flour and oat flour in place of wholewheat flour.

HERMITS

Cream 1 cup butter or margarine with 1 cup well-packed brown sugar until fluffy. The texture of your cookies depends on creaming well.

Add 2 eggs and 5 tablespoons orange juice. Beat well.

Mix 3 1/2 cups sifted wholewheat flour with 1 cup cut dates, 1 cup raisins and 1 cup broken pecans. (2 teaspoons baking powder added to the flour is optional).

Blend flour and fruit into creamed mixture. Mix well and let stand for 10 minutes.

Drop by teaspoonsful on ungreased cookie sheet.

Bake at 205° C for about 10 minutes, or until lightly browned.

Wheatless: Substitute 2 cups sifted oat flour and 1 1/2 cups sifted brown rice flour in place of wholewheat flour.

PEANUT BUTTER HONEY SANDWICH COOKIES

Beat together $\frac{1}{2}$ cup butter or margarine, $\frac{2}{3}$ cup mild-flavoured honey $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon vanilla.

Add 2 eggs and beat well.

Beat in $\frac{1}{2}$ cup peanut butter and add $1\frac{1}{2}$ cups sifted wholewheat flour. Beat well.

Drop by teaspoonsful on ungreased cookie sheet. Dip a fork in flour and press the tops of the cookies lightly to flatten and make a crisscross design. (Or put through a cookie press.)

Bake at 175°C for 12 to 15 minutes, or until lightly browned.

FILLING

Beat together 3 tablespoons butter or margarine, 3 tablespoons peanut butter and 3 tablespoons mild-flavoured honey.

Spread between 2 cookies. Refrigerate. Old-fashioned peanut butter works best. Also, soft margarine will keep the filling from setting. Refrigeration hardens the filling so it won't squash out when you bite the cookie.

Wheatless: Substitute $\frac{3}{4}$ cup each brown rice flour and oat flour for wholewheat flour.

BUTTER NUT COOKIES

Cream $\frac{1}{2}$ cup butter or margarine with $\frac{3}{4}$ cup well-packed brown sugar until fluffy. The texture of your cookies depends on creaming well.

Add 1 egg, 2 tablespoons milk, 1 teaspoon vanilla and $\frac{1}{2}$ teaspoon salt.

Beat in well $1\frac{3}{4}$ cups sifted wholewheat flour. Add $\frac{1}{2}$ cup broken pecans.

Drop by teaspoonsful on ungreased cookie sheet. Flatten with a floured fork.

Bake at 205°C for about 10 minutes, or until lightly browned.

Variations:

1) Substitute black walnuts for pecans.

2) Omit vanilla, add 1 teaspoon grated lemon rind and 1 tablespoon of either of the following: lemon juice, frozen concentrated pineapple juice, or orange juice.

3) Omit nuts, and instead of flattening with a fork, press a pecan half on top, or make an indentation and fill with a little jelly.

4) Omit nuts, and instead of flattening with a fork, press a pecan half on top, or make an indentation and fill with a little jelly.

5) For wheatless substitute 1 cup sifted oat flour and $\frac{3}{4}$ cup sifted brown rice flour in place of wholewheat flour.

CHOCOLATE CHIP COOKIES

Cream $\frac{1}{2}$ cup butter or margarine with $\frac{1}{2}$ cup well-packed brown sugar or $\frac{1}{3}$ cup mild-flavoured honey until fluffy. The texture of your cookies depends on creaming well.

Add 1 egg and 1 teaspoon vanilla. If you have used sugar instead of honey, add 2 tablespoons water. Beat well.

Add $1\frac{3}{4}$ cups sifted wholewheat flour and mix through (1 teaspoon baking powder added to the flour is optional).

Mix 170g of chocolate chips and $\frac{1}{2}$ cup broken pecans through dough. Let stand 10 minutes.

Drop by teaspoonsful on ungreased cookie sheet.

Bake at 205°C for about 10 minutes, or until lightly browned.

Wheatless: Substitute 1 cup sifted oat flour and $\frac{3}{4}$ cup sifted brown rice flour in place of wholewheat flour.

COCONUT ROLLED OATS COOKIES

Cream $\frac{1}{2}$ cup butter or margarine with $\frac{1}{2}$ cup well-packed brown sugar and 1 teaspoon vanilla until fluffy. The texture of your cookies depends on creaming well.

Beat in 2 eggs and 2 tablespoons water.

Mix together 1 cup sifted wholewheat flour and a pinch of salt. (1 teaspoon baking powder is optional).

Add flour to creamed mixture and mix well. Add 1 cup rolled oats, 1 cup soft coconut and $\frac{1}{2}$ cup broken pecans. Drop by teaspoonsful on ungreased cookie sheet.

Bake at 190°C for about 15 minutes, or until lightly browned.

Wheatless: Substitute $\frac{1}{2}$ cup each sifted brown rice flour and oat flour in place of wholewheat flour.

SOUR CREAM SPRITZ

Cream together $\frac{1}{2}$ cup butter or margarine, $\frac{1}{2}$ cup dairy sour cream and $\frac{3}{4}$ cup well-packed brown sugar until fluffy. The texture of your cookies depends on creaming well.

Beat in 1 egg yolk, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon vanilla.

Lastly beat in 2 cups stirred wholewheat flour. Beat well.

Drop by teaspoonsful on ungreased cookie sheet. Press with floured fork to make a crisscross design and to flatten. These can be put through a cookie press.

Bake at 175°C for 12 to 15 minutes, or until lightly browned.

Variation: Mix 1 cup raisins into the dough.

Wheatless: Substitute 1 cup each stirred brown rice flour and oat flour in place of wholewheat flour.

POWDERED SUGAR COOKIES

Cream 1 cup butter or margarine and $\frac{1}{2}$ cup powdered sugar until fluffy.

Mix $2\frac{1}{4}$ cup sifted wholewheat flour, $\frac{1}{2}$ teaspoon salt and 1 teaspoon vanilla and beat into the creamed mixture.

Add $\frac{3}{4}$ cup finely chopped pecans or black walnuts.

Shape into 1-inch balls, lay on ungreased cookie sheets.

Bake at 190°C for 10 to 12 minutes.

Roll while hot in powdered sugar, cool and roll again.

Wheatless: Substitute 1 cup sifted brown rice flour and $1\frac{1}{4}$ cups sifted oat flour in place of wholewheat flour.

DATE-NUT BARS

Mix together 1 cup sifted whole wheat flour, $\frac{1}{4}$ teaspoon salt, 1 cup broken pecans and 1 cup dates cut in thirds.

Separate 4 eggs. Beat egg whites until stiff. Gradually add $1\frac{1}{3}$ cup well-packed brown sugar, beating. Then beat in egg yolks.

Fold flour into the eggs until flour is moistened.

Spread in greased and floured 225 mm x 325 mm glass baking pan.

Bake at 175°C until firm, about 25 minutes. Sift powdered sugar over the top if desired.

Cool in pan. When cold, cut into bars. These are better the next day.

Wheatless: Substitute $\frac{1}{2}$ cup each sifted brown rice flour and oat flour in place of whole wheat flour.

NOTE: These bars are chewy. If you prefer a cake-like bar, add $\frac{1}{4}$ cup oil after you have beaten in the yolks.

SOFT SPRINGERLES

Cream together $\frac{2}{3}$ cup butter or margarine and $\frac{3}{4}$ cup well-packed brown sugar until fluffy. The texture depends on fluffiness.

Add 1 egg, $\frac{1}{2}$ teaspoon lemon juice and 1 teaspoon grated lemon rind. Beat well.

Mix together 2 cups sifted wholewheat flour, $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{4}$ teaspoon salt.

Beat flour mixture into creamed mixture alternately with 4 teaspoons milk.

Add 1 tablespoon aniseed

Roll out in powdered sugar. Cut.

Bake at 190° C. about 12 minutes.

Wheatless: Substitute 1 cup each sifted brown rice flour and oat flour in place of wholewheat flour.

BUTTERY CREAM CHEESE COOKIES

Cream $\frac{1}{2}$ cup softened butter or margarine, 90 gm cream, cheese and $\frac{1}{2}$ cup well-packed brown sugar until fluffy. The texture of your cookies depends on fluffiness. Add $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{4}$ teaspoon salt and 1 egg yolk and beat until light.

Add 1 cup sifted wholewheat flour and mix well.

Drop by small teaspoonsful on ungreased cookie sheet. Press tops with floured fork to flatten.

Bake at 175° C for about 18 minutes.

Variations: Dough may be put through a cookie press if desired.

Substitute 1 teaspoon frozen lemon or orange juice concentrate for vanilla and add $\frac{1}{2}$ teaspoon grated lemon or orange peel.

Substitute $\frac{1}{2}$ cup each sifted brown rice flour and oat flour in place of wholewheat flour.

HONEY CRUNCH MUNCHIES

2 cups Honey Crunch

$1\frac{1}{2}$ cups wholewheat flour

125g margarine

2 tablespoons honey

1 cup brown sugar

Method: Melt margarine and honey together. Add flour and Honey Crunch which have been mixed together. Pat into oblong oiled tin and bake in a 165° C oven for 25-30 minutes. Cut into squares while still hot and remove to cake rack to cool and harden.

MUESLI BISCUITS

250g margarine

$\frac{1}{2}$ cup brown sugar

just over $\frac{1}{2}$ cup molasses

2 heaped tablespoons honey

2 cups muesli

$\frac{1}{2}$ cup seedless raisins

$\frac{1}{2}$ cup wholewheat flour

Method: Mix the dry ingredients together and add the margarine which has been melted with the honey and molasses. Press into an oiled baking tray and bake in a 160° C oven until golden brown — approximately 30 minutes.

BROWNIES

Cream together $\frac{1}{2}$ cup butter or margarine and 1 cup well-packed brown sugar until fluffy. The texture of your Brownies depends on fluffiness.

Add 2 eggs. Beat well.

Melt 57g of unsweetened chocolate. Add to creamed mixture.

Add in the following order: 1 teaspoon vanilla, $\frac{1}{2}$ cup stirred wholewheat flour and $\frac{1}{2}$ cup broken pecans.

Spread in greased 200 mm x 200 mm x 50 mm pan.

Bake at 165° C for 35 to 40 minutes.

Cool and ice with the following icing: Beat together 1½ squares melted unsweetened chocolate, a pinch of salt, $\frac{1}{2}$ teaspoon vanilla, 3 tablespoons milk and enough powdered sugar to make a good spreading consistency. It should be soft and fluffy.

Cut in squares.

Wheatless: Substitute $\frac{1}{4}$ cup each stirred brown rice flour and oat flour in place of wholewheat flour.

NOTE: You may substitute 3 tablespoons cocoa and 1 tablespoon butter for 1 square of chocolate.

CRUNCHIES

2 cups oats

1 cup sifted wholewheat flour

1 cup dessicated coconut

190g butter or margarine

$\frac{3}{4}$ cup honey or 1 cup brown sugar

2 teaspoons ginger

Method: Mix honey and oil together in a pot and melt. Mix dry ingredients and add the liquids to it. Pat into a 15½cm x 10½cm oiled pan and bake for 20-30 minutes in a 165° C oven.

Cut into squares while still hot. Leave to cool, then remove to a wire rack to harden. Moisten with oil or melted margarine.

SUNFLOWER, CASHEW or SESAME CRUNCHIES.

Use the recipe for Crunchies substituting coconut for 1 cup Sunflower seeds or 1 cup cashew bits or 1 cup sesame seeds.

OAT FRUIT COOKIES

2 cups oats

1 cup finely ground or sifted wholewheat flour

250g butter or margarine

$\frac{3}{4}$ cup honey

1½ cups mixed cake fruit

2 tablespoons water

Method: Place oats, flour and mixed fruit in a basin and mix well. Mix the oil and honey in a pot and warm. Add to the dry ingredients. The texture should be stiff enough to hold its shape when placed by the teaspoonful on a cookie sheet that has been oiled. If necessary add a little more flour, or soya flour.

Bake in a 205° C oven for approximately 7 minutes, or until a nice brown colour.

Remove to a cake rack to cool and harden.

WHOLEWHEAT FIG BARS

2 cups wholewheat flour
1 teaspoon salt
4 tablespoons oil
mix until crumbly

Add: 1 teaspoon warmed honey and 2-3 tablespoons iced water to hold it all together.

Roll out thinly and fill a long shallow oiled pan with one layer of the dough.

Brush with oil and then cover with fig-raisin filling about 1½cm thick.

Cover with another layer of dough.

Brush top with a little milk and bake in 190° C oven until brown. Remove from oven and cut into bars while still hot. Let cool and place on a cake rack.

FIG-RAISIN FILLING

Mince: 500g dried figs removing hard stems. 2 cups seedless raisins.

Add: 4 tablespoons honey. Juice of 1 small lemon and some water if necessary, to make a jamlike texture. This can be poured through the mincer to facilitate the mincing of the fruit.

WHOLEWHEAT SHORTBREAD

10 heaped tablespoons wholewheat flour
4 rounded tablespoons icing sugar
2 tablespoons maizena
250g butter (soft)
¼ teaspoon sea salt

Method: Cream butter until very soft. Add rest of ingredients. Bake in 165° C oven for 45 minutes.

SWEETS AND PUDDINGS

WHOLEWHEAT PUDDING

Mix well together:

1 cup wholewheat flour
2 tablespoons honey
1 cup seedless raisins
¾ cup chopped dates
½ teaspoon cinnamon
½ teaspoon nutmeg
dash of salt

Stir in: 2 tablespoons sunflower seed oil, 2 cups milk

Mix thoroughly and bake in well oiled baking dish in 190° oven for 40 minutes. Serve with pureed apples or orange or lemon sauce.

LEMON COTTAGE CHEESE DRESSING FOR FRUIT SALADS OR SOAKED DRIED FRUIT

Beat together until smooth:

6 tablespoons cottage cheese, 3 tablespoons lemon juice, 1 teaspoon honey, 6 tablespoons skim milk, pinch sea salt

CREAMED PAWPAP

Scoop out pawpaw from skin and liquidise. Flavour with lemon juice and a little honey or maple syrup if necessary. Serve with yoghurt.

PAWPAW JELLY

1 packet Emason Agar orange jelly, $\frac{3}{4}$ cup boiling water, 1 very ripe mashed papina, juice of $\frac{1}{2}$ a lemon, 2 cups yoghurt

Method: Dissolve jelly in boiling water, cool slightly and add all the other ingredients. Refrigerate until set.

DRIED FRUIT FLUFF MADE IN A LIQUIDISER

Place the following ingredients in liquidiser in order listed:

$1\frac{1}{2}$ cups water, 2 cups soaked dried fruit (use the water that fruit was soaked in to make up part of the water required)

Method: Cover the jar and run machine until thoroughly blended. If mixture gets too thick, stop the machine, stir it up and start again. Add lemon juice. It should be sweet enough without any additional sweetening. Serve with yoghurt

Note: Always remove the stalks from dried figs before soaking.

APPLE CRUMBLE

4 apples, peeled and cored, 1 teaspoon grated lemon rind, honey or brown sugar to taste, pinch sea salt, $\frac{3}{4}$ cup water

Method: Stew apples in the water with the lemon rind and honey or sugar. Place in an oven dish and sprinkle thickly with cinnamon and raisin Honey Crunch. Dot with margarine or butter and place in a 200° C oven until brown and crispy.

BREAKFAST IN A GLASS

Two delicious, high-energy breakfast drinks made in a minute.

No 1.

•250ml milk

1 raw egg

12.5ml honey

50ml ProNutro

Blend together well and serve.

No 2.

250ml milk

25ml ProNutro

1 banana

12.5ml honey

Mash banana and blend in remaining ingredients.

TOASTY GRANOLA

180g (500ml) oatmeal, 125ml wheatgerm, 2ml salt, 25ml vegetable oil, 65ml honey.

Any or all of the following ingredients, making a total of 250ml-chopped nuts (almonds are good) unsweetened grated coconut, sesame seeds, unsalted, chopped dried apples, chopped dried apricots, raisins.

Preheat oven to 130° C. Put oatmeal, wheatgerm and salt in mixing bowl and stir. Add vegetable oil and honey. Spread mixture on baking sheet. Bake 30 minutes. Remove from oven and set on wire rack.

Add whatever extra ingredients you're using, except raisins, stir carefully. Bake for 15 minutes more (longer if you like coconut toasted). Take baking-sheet out of oven, and set on wire rack. Stir in raisins, if you're using them.

Let mixture cool, stirring once while it cools. Store in container with tight cover, or a plastic bag. Makes about one litre.

SESAME SEED CANDIES

Cooking time approximately 15 minutes.

1 cup honey, 200g brown sugar, 6 tablespoons water, 450g sesame seeds
Bring honey, sugar and water to boil. Cook on a low heat without stirring.
When liquid forms a ball in a glass of cold water, stir in sesame seeds until they turn light gold. Pour onto well oiled board. Cut into diagonals and let harden.

CANDIED ALMONDS

3 tablespoons honey, 142g sugar, 142g blanched almonds, dash cinnamon (optional)

Put honey and sugar into a pan over low heat to caramelise. Add almonds and cinnamon and stir occasionally. When candy forms a hard ball in cold water, remove from flame. Pour mixture onto marble slab and cut into squares or break into desired pieces.

WALDORF SALAD

6 red skinned eating apples, cored and diced, 6 stalks table celery, diced, ½ cup Honey Crunch.

Dress with ¾ cup mayonnaise or ½ cup mayonnaise and ¼ cup yoghurt. If necessary, a little lemon juice or apple cider vinegar may be added. This gives the salad a tang. Toss altogether and serve on a bed of lettuce.

GARLIC CUCUMBER YOGHURT SALAD

2 medium cucumbers, finely sliced, 4-6 cloves garlic, crushed, 1 cup yoghurt, 1 medium onion, sliced.

Method: Mix altogether. Sprinkle with salt and apple cider vinegar and chopped parsley or chopped mint.

SPINACH AND MUSHROOM SALAD

500g spinach, washed and dried, 725g button mushrooms washed and sliced, ½ onion, finely chopped, 1 tablespoon parsley, chopped.

DRESSING:

2 tablespoons oil, 2 tablespoons sunflower seed oil, 1 tablespoon apple cider vinegar, 1 tablespoon lemon juice, ¼ teaspoon dried tarragon, 1 clove garlic, crushed, salt to taste.

Method: Tear spinach leaves into a salad bowl and add mushrooms. Combine all the salad ingredients and mix well. Pour dressing over the spinach and mushrooms and toss until every leaf is coated. Serve immediately.

SPROUT COTTAGE CHEESE SALAD

1 cup bean or lentil sprouts, 1 cup finely grated carrots, ½ cup diced tomato, ¼ teaspoon sea salt, 4 tablespoons lemon juice or herbed French dressing.

Mix with cottage cheese and serve on beds of crisp green lettuce. Garnish with strips of green or red pepper.

AVOCADO RICE SALAD

1 small lettuce, 50g (65ml) unpolished rice, 1 ripe avocado pear, 1 lemon, 1 small onion, 10cm piece of cucumber, ½ green pepper, 2 ripe tomatoes, sliced.

Dressing: 125ml oil, 25ml vinegar, 2ml clear honey, salt freshly ground black pepper.

Wash lettuce, pat dry and crisp in refrigerator. Cook rice in boiling water with salt until just tender but not mushy. Strain through a sieve and rinse well under cold running water. Drain and dry.

Halve an avocado pear, scoop out flesh and dice. Cut lemon in half and squeeze juice from one half. Toss avocado flesh in lemon juice.

Peel and dice onion and cucumber. Deseed and chop pepper. Combine ingredients for dressing and beat well. Toss vegetables and rice in dressing.

TOSSED CAULIFLOWER SALAD

1 lettuce, washed and crisp, 1 small head cauliflower, 3 spring onions very thinly sliced, ½ green and ½ red pepper, finely sliced, ½ cup sliced stuffed olives, ½ cup grated Cheddar cheese, curried French dressing.

Method: Tear lettuce into bite-sized pieces. Separate cauliflower into tiny flowerets. Add other ingredients and toss with dressing. Chill.

CAULIFLOWER AND ORANGE SALAD

3 medium oranges, 1 medium onion, sliced into fine rings, 1 tablespoon celery, chopped, lemon juice, ½ small cauliflower.

Method: Divide raw cauliflower into flowerets. Peel and cut oranges into small pieces and add with celery to the cauliflower. Sprinkle with lemon juice.

GREEN PEPPER WITH YOGHURT DRESSING

3 green peppers, washed, seeded and cut into julienne strips, 1 cucumber, peeled and thinly sliced, 1 tablespoon spring onion, chopped, 1 teaspoon dried tarragon, 2 tablespoons fresh dill, chopped, 1 teaspoon lemon juice, 1 carton natural yoghurt.

Method: Place all ingredients into a salad bowl except the lemon juice and yoghurt. Combine lemon juice and yoghurt and add to the salad. Chill for 45 minutes before serving.

SALAD DRESSINGS

FRENCH DRESSING

6 tablespoons oil — half sunflower and half olive oil or all sunflower seed oil, 1 tablespoon lemon juice, 1 tablespoon apple cider vinegar, ½ teaspoon sea salt or Sunray Vegetable salt, 1 clove garlic, crushed.

Mix altogether.

RED FRENCH DRESSING

To 1 cup French dressing add 1 teaspoon paprika, ½ teaspoon celery salt.

BEETROOT AND PARSLEY SALAD

450g raw beetroot, shredded, 10ml grated orange zest, 25ml chopped parsley

For the Dressing:

125ml olive or corn oil, 25ml cider vinegar or lemon juice, 5ml honey, salt, freshly ground black pepper

Combine ingredients for dressing and mix well. Toss beetroot in dressing and scatter parsley and orange zest over it before serving.

CRUNCHY SALAD

½ medium-sized firm white cabbage, 1 small bulb fennel, 2 medium carrots, 1 eating apple, ½ medium-sized green pepper, 25ml cashew nuts, nuts and raisins, 6 to 8 sprigs parsley, 1 medium onion.

Dressing: see Salad dressing

Remove outer leaves from cabbage. Trim fennel. Scrape carrots, peel, quarter and core apple. Wash, core and deseed green pepper. Shred cabbage finely with a sharp knife, chop fennel, apple and pepper. Grate carrots and nuts.

Toss shredded vegetables in dressing, mix with nuts and raisins and place in salad bowl. Wash and dry parsley, chop and scatter over salad before serving. Top with onion, cut into rings.

SALAD BOWLS

BEANSPROUT SALAD

Mix beanproouts with sliced uncooked mushrooms, firm tomato wedges and chopped celery. Toss in lemon juice.

BRUSSELS SPROUT SALAD

Mix shredded young sprouts with grated carrots, chopped celery, cauliflower sprigs and chopped chives.

CELERY SALAD

Mix shredded celery with shredded raw red or white cabbage, chopped onions, diced unpeeled eating apple and watercress.

COLESLAW SALAD

Mix shredded white cabbage with an equal quantity of shredded carrot, and a diced apple. Add a few chives and a squeeze of lemon juice.

CRISPY SALAD

Combine finely shredded white cabbage, a few sprigs of cauliflower, chopped celery, sliced uncooked, button mushrooms and a few almonds with a dressing of unsweetened tomato juice, cider vinegar and soy sauce. Leave to stand in a cool place, then cover with a few sliced mushrooms and serve.

TURNIP SALAD

Peel and shred a small turnip and mix with shredded white cabbage, carrots, watercress and sliced tomatoes.

MUSHROOM AND CUCUMBER SALAD

1 small cucumber, 115g mushrooms, 1 medium onion, 3 slices stale whole-wheat bread, oil for frying.

Peel and dice cucumber. Wash, dry and slice mushrooms. Peel onion and cut into fine rings. Trim crusts from bread, cut into 1,5cm cubes and fry in a little hot oil until crisp. Drain well.

Just before serving, toss vegetables in salad dressing and arrange on a bed of lettuce leaves. Serves four.

SALAD DRESSING

125ml oil, 25ml cider vinegar, salt, freshly ground pepper

Beat all ingredients together well or shake in a bottle to mix.

VARIATIONS: Add one of the following: chopped mint, chopped chives, finely chopped garlic, mixed herbs.

HERBED FRENCH DRESSING

4 tablespoons lemon juice, or a mixture of lemon juice and apple cider vinegar, 4 tablespoons oil — sunflower seed or a mixture of sunflower and olive oil or soya oil, 4 teaspoon fresh chopped green herbs (basil, dill, mint, oregano or marjoram) or 2 teaspoon dried herbs. Experiment with combinations, with a difference. ½ teaspoon grated onion, ½ teaspoon sea salt.

YOGHURT DRESSING

½ cup yoghurt, ½ teaspoon lemon, ¼ teaspoon honey, grated rind of ¼ lemon, pinch V17 salt.

Mix altogether well. Vary the flavour by adding chopped chives, parsley or mint.

TOMATO YOGHURT DRESSING

Good with rice or pasta salads

1 cup yoghurt, ½ cup tomato puree made with fresh tomatoes, juice of ½ lemon, ¼ teaspoon honey, ¼ teaspoon soya sauce

Combine all ingredients and beat until well mixed and fluffy.

AVOCADO DRESSING WITH YOGHURT

1 avocado pear, ½ cup yoghurt, ¼ cup lemon juice, 1 clove crushed garlic, ¼ teaspoon V17 salt.

Blend altogether.

SALAD DRESSING

125ml oil, 25ml cider vinegar, salt, freshly ground pepper

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Blend altogether.

NOTES

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This image shows a single sheet of cream-colored paper with horizontal ruling lines. The paper has a slightly textured appearance and is oriented vertically. There are 20 horizontal black lines spaced evenly across the page, creating 19 rows for writing. The lines are thin and consistent in thickness. The paper is set against a dark background, which makes the light color of the paper stand out. There is no handwriting or other markings on the paper.

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NOTES

This image shows a full page of blank, cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

NOTES

4473470 Juillet





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